All Around Ames

The Auxiliary of Mary Greeley Medical Center
Ames, Iowa

All Around Ames

an entertaining cookbook
from
the Auxiliary of the Mary Greeley Medical Center

The proceeds from the sale of *"All Around Ames"* will be returned to the community through projects of the Auxiliary at the Mary Greeley Medical Center.

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Ames, Iowa

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Acknowledgements

This book is the result of our desire to share with you the special culinary happenings that take place—*All Around Ames.* We have assembled menus with accompanying recipes from hosts and hostesses in the Ames area. We hope you find that reading and using the book is an entertaining and enjoyable experience.

The committee wishes to thank those who were willing to share the food and fun from those special times in their lives.

Appreciation is extended to those artists whose contributions help make this book special, and to Mary Beukema Harms for her work as art coordinator.

Thanks also go to Rose Postel and Diane McComber for their entertainment suggestions included in the appendix.

We are especially grateful to Sigler Printing for being patient and generous with their professional advice. A special thanks to our families who have been supportive during the preparation time.

It was truly an effort of persons *All Around Ames.*

The Cookbook Committee

Linda Carver
Sue Farrell
Sandy Horton
Joy Lang
Suzan Shierholz

The Auxiliary of Mary Greeley Medical Center

The Auxiliary was founded on February 17, 1954 and has grown from the original thirteen members to a membership of over 1,200. The original intent of the organization was to aid and support Mary Greeley Hospital and those goals have remained as we now serve Mary Greeley Medical Center.

Auxiliary services are varied and touch many lives. Volunteers staff the Hospitality Shop which offers food, flowers and gifts to the patients, visitors and staff. Admission volunteers, information hostesses, and samaritan cart and art volunteers provide valuable in-service assistance to the Medical Center. Volunteer opportunities are always available for the sewing workshop projects and for assisting in the Pediatric and Obstetrics programs. The Art and Beautification Committee, Lifeline, and the annual Benefit Ball provide still other means of sharing time and talents for Auxiliary members.

Even though our resources have increased since 1954, enabling us to increase our donations for needed equipment and capital improvements for the Medical Center, it is still the hours of service given by each volunteer that personally benefit patients. Annually, volunteers contribute over 35,000 volunteer hours, as the Auxiliary of the Mary Greeley Medical Center continues to show in many ways that "We Care."

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

DICK BECKMAN

Brunches

The Fountain · Iowa State Memorial Union

The Union, built as a memorial for Iowa Staters who gave their lives in World War I, opened to serve students in 1928. Funds for the fountain at the north entrance of the Union were presented by the Veishea Central Committee. The four Indian figures representing the Four Seasons were created by Christian Petersen and added in 1942.

Dick Beckman, an attorney in Burlington, is the artist for this pen and ink drawing of the fountain. The father of cookbook committee member Sue Farrell, Dick paints and draws for fun.

Brunch for Symphony Members

— Shirley Dubansky —

Champagne

Orange and Tomato Juices

Lox (Smoked Salmon)

* Mushroom Timbale with Asparagus *
and Hollandaise Sauce

* Cheese Blintzes and Bagels *

Fresh Fruit Platter

* Gugelhupf *

Coffee, Tea, and Espresso

Since many of the visiting musicians are from metropolitan areas, Lox and Bagels have been a special treat at several of our brunches. Brunches are a nice time to entertain musicians for they are not rushing to a concert or tired from performing.

Mushroom Timbale with Asparagus

Serves 6

1/2 c. cream	1/8 t. nutmeg
1 c. chicken stock	1 T. chopped parsley
4 eggs	2 c. chopped, sauteed mushrooms
3/4 t. salt	canned or fresh asparagus, cooked
1/2 t. paprika	Hollandaise sauce

Combine cream, stock, eggs and seasonings. Beat with a wire wisk. Sauté mushrooms and add to egg mixture. Butter a 7" ring mold lightly, and fill about 2/3 full with timbale mixture. Place on a rack in a pan of hot, but not boiling water. Cover top of timbale with parchment paper; slit the center of parchment for steam release. Bake 325°, 20-35 minutes or until a knife blade inserted in the center of the mold comes out uncoated. Invert on serving platter. Fill center with asparagus. This may be served with a Hollandaise sauce.

Gugelhupf

Makes 12 - 16

4 c. flour	1 t. salt
1 c. milk	1 t. grated lemon rind
2 pkg. dry yeast	1 c. seedless raisins
1 c. butter	1/2 c. blanched almonds
3/4 c. sugar	Confectioner's sugar
5 eggs	

Scald milk and cool to 105-115°, pour it over yeast. After the yeast has dissolved, beat in 1 c. flour. Cover and let sit in warm place until light and frothy, about 1 hour. Beat butter and gradually add sugar until light and creamy. Beat in eggs, one at a time. Add the yeast sponge, remaining flour, salt, lemon and raisins. Beat batter until smooth and elastic. Spread almonds in bottom of greased 10" tube or bundt pan. Place dough on top and let rise until almost double in bulk. Bake 350° for 50-60 minutes. When cool, sprinkle the top with confectioner's sugar. May be frozen.

Bagels

Makes 1 Dozen

4½-5 C. flour or bread flour
3 T. sugar
1 T. salt
2 pkg. dry yeast
water
2 T. margarine
1 T. sugar
2 t. salt
1 egg white

Mix 1½ cups flour, 3 T. sugar, 1 T. salt and yeast. Heat 1½ c. water and margarine to 120-130° F. Add to dry ingredients; beat 2 minutes at medium speed. Add ½ c. flour; beat at high speed 2 minutes. Stir in more flour to make a stiff dough. On floured board, knead 8-10 minutes. Set in greased bowl; turn to grease top. Cover; let rise in warm place for 1 hour. Punch dough down. Cover; let rest 15 minutes. In a large skillet heat 1" water over medium heat; add remaining sugar and salt. Simmer. Divide dough into 12 pieces; shape into smooth balls. With floured finger, poke a 1" hole in each. Drop bagel into simmering water. Cook 3 minutes. Turn and cook 2 minutes. Turn again; cook 1 minute. Drain on towels. Repeat shaping and cooking about 3 bagels at a time. Place on greased baking sheet. Mix egg white and 1 T. water; brush on bagels. Sprinkle with coarse salt, sesame or poppy seeds. Bake at 375° F 20-25 minutes. Remove from sheets. Cool. May be frozen and reheated. Serve with cream cheese, tomato slices, onion slices and lettuce.

Cheese Blintzes

Makes 18-24 blintzes

2 eggs
1 c. milk
1/2 t. salt
1 c. pastry or regular flour
1 T. melted butter
Filling:
  1 lb. moist cottage cheese
  1 beaten egg
  2 T. sugar
  1/2 t. cinnamon
  1 t. grated lemon rind
  1/8 t. vanilla
sour cream
blueberries or strawberries

Beat filling ingredients together; set aside. Put eggs in a bowl and beat only until well blended. Add milk, butter, salt and flour. Stir until smooth. Cover and let stand at least ½ hour. Batter should be thin—just thick enough to coat a spoon. Heat a 6" frying pan and grease lightly with salad oil. Pour in just enough batter to cover the pan with a very thin layer. Tilt the pan so that the batter spreads evenly. Cook on one side only. As each is browned, turn it out onto a double layer of tea towels, browned side up. When all are done, put a spoonful of filling on each one and roll up, tucking the ends firmly—like a small package. Brown in butter. Serve with sour cream and blueberries. May be frozen—thaw and brown in butter.

Christening Brunch

— Margie Buck —

Mimosas - Champagne and Orange Juice

* Ham and Egg Casserole *

Browned Butter Asparagus / Zucchini Dill Strips

* Cinnamon Apple Jello Salad *

Caramel Bran Muffins

Christening Cake with Name and Birthdate

* Chocolate Dipped Strawberries *

This was served after the christening of our 7-month old grandson to relatives and friends. I served it buffet style.

Ham and Egg Casserole

Serves 6 - 8

1/4 c. butter
1/3 c. flour
1 t. salt
1 t. pepper
1 t. mustard
dash tobasco
2 c. milk
1/3 c. green pepper
1/3 c. onions
1/2 c. ripe olives
1 can water chestnuts
8 hard boiled eggs
3 c. diced cooked ham
1 c. soft bread crumbs
3 T. melted butter

Combine the first seven ingredients and cook until thick cream sauce. Grease 3 qt. casserole. Layer ham, eggs cut in wedges, green pepper, olives, onions, and water chestnuts. Pour cream sauce over all and top with 1 c. bread crumbs mixed with 3 T. melted butter. Bake at 350° for 30 minutes or until bubbly. May be made ahead and refrigerated or frozen.

Cinnamon Apple Jello Salad

Serves 8

1 c. red hots
2 c. water, hot
1 large lime jello
2 c. cold water
Red food coloring
3 c. applesauce
8 oz. cream cheese

Boil red hots until dissolved in 2 c. water. Add lime jello and stir until dissolved. Add 2 c. cold water and red food coloring. Stir in applesauce. Spoon half of mixture into 2 qt. casserole or mold and refrigerate until set. Thin 8 oz. cream cheese with milk to spreading consistency. Spread on top of jello layer. Add top layer jello and let set. Can be served on a bed of lettuce.

Chocolate Dipped Strawberries

Serves 20

12 oz. semi-sweet chocolate chips
2 T. butter
1 oz. paraffin

Wash and dry strawberries thoroughly leaving stems on. Melt chocolate chips, butter and paraffin over water. Take strawberries by stem and dip half way in chocolate. Put on wax paper and refrigerate.

Recruiter's Breakfast

— Ann Criner —

* Dutch Babies *

* Iowa Chops *

Orange Juice

Milk

During the three months following the end of football season, prospective recruits are brought on campus. We like to invite them to our home. Football players are hearty eaters, so Dutch Babies with Iowa Chops make a big impression.

Iowa Chops

Serves 6

6 Iowa chops
Lemon pepper
Garlic powder
Lawry's seasoning salt

Chops are good either broiled or grilled. I season generously and cook at a low temperature about 300° according to personal preference.

Dutch Babies

Serves 6

1/2 c. butter
6 eggs
1½ c. milk
1½ c. flour
1/2 pt. sour cream

Heat oven to 425°. Put butter in 10" oven proof pan or skillet. Mix batter quickly while butter melts and pan heats in oven. Batter: mix eggs, milk, flour and sour cream in mixer at high speed. Pour batter into hot pan with melted butter. Return to oven and bake until fluffy and well browned, about 20-25 minutes. Dust with ground nutmeg and serve at once any with any of the following toppings.

The Classic: Sprinkle with powdered sugar and squeeze lemon over sugar.

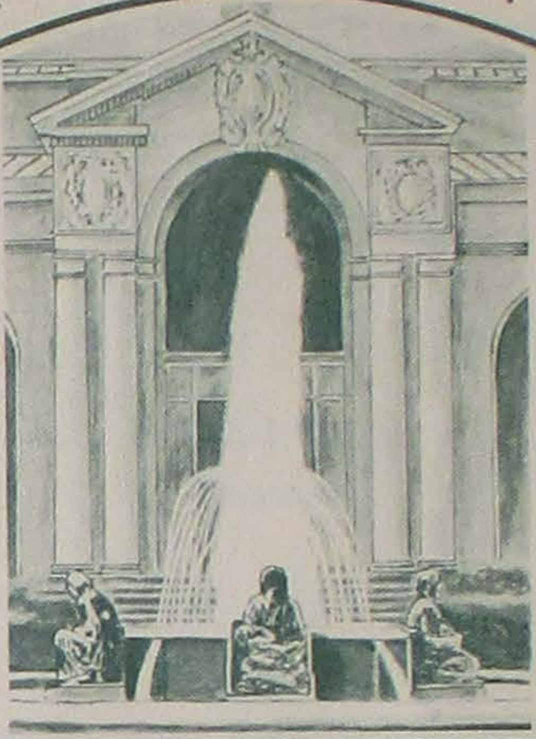
Hot Fruits: Cook frozen strawberries with 1 T. tapioca just until thickened. Another option is to combine 4 cooking apples, 1/4 c. brown sugar, 1/4 c. water and cook just until soft.

Fresh Fruits: Served with sour cream or yogurt.

Syrups

Canned Pie Filling: Add lemon and ground cinnamon.

Jim's Favorite: Strawberries, apples, lemon wedges, sour cream and powdered sugar.



New Year's Day Brunch

— Sunny Walsh —

* Sausage and Egg Brunch Dish *

* Spiced Peaches *

* Sticky Rolls *

The procedure of the New Year's Day Brunch begins with greeting your guests at the door with a shot of Courvoisier (a sure-cure for the night before), followed by a glass of champagne.

Sausage and Egg Brunch Dish

Serves 8 - 10

1 lb. sausage
1 egg
1 t. sage
1/3 c. bread crumbs
9 hard boiled eggs
6 oz. mushrooms
1 green pepper
1 small onion
2 t. lemon juice
1 T. parsley
1¼ c. milk
4 oz. grated swiss cheese
1¼ c. bread crumbs
2 T. melted butter
3 T. margarine
2 T. flour
1/2 T. salt
Pepper
2-3 T. sherry

Mix first 4 ingredients into small bite-size balls and sauté until done. Sauté pepper, onion and mushrooms in 3 T. margarine and lemon juice about 5 minutes, add parsley, flour, salt, pepper and stir in milk and sherry. Arrange sausage balls in 9" x 13" pyrex dish. Cut eggs in halves or quarters, whichever you prefer and arrange in between sausage balls. Sprinkle top with cheese and bread crumbs after you've poured the sauce over all. Bake at 325° until bubbly.

Spiced Peaches

Serves 4 - 6

1 One lb. can peach halves or quarters
2 T. sugar
2 - 3 inch cinnamon sticks
2 T. orange juice
1/2 c. sauterne

Take 2/3 cup peach syrup and combine with sugar, cinnamon and boil for about 5 minutes. Add the orange juice and wine. Chill overnight.

Sticky Rolls

Makes 16 rolls

1 pkg. yeast
1/4 c. lukewarm water
1 c. milk, scalded
1/4 c. shortening
1/4 c. sugar
1 t. salt
3¼ - 3½ c. flour
1 beaten egg

Filling: 1/2 c. sugar, 2 t. cinnamon,
raisins to taste
Topping: 2/3 c. brown sugar
1/4 c. melted butter
1/4 c. dark syrup
1/4 c. chopped nuts
Mix one recipe topping for each of the 2 pans (may use 9½" x 5½" x 3")

Soften yeast in lukewarm water. Combine next 4 ingredients; cool to lukewarm. Add 1 c. of the flour; beat well. Beat in yeast and egg. Gradually add remaining flour to form a soft dough; beat well. Brush top lightly with soft shortening; cover and let rise in warm place until double (1½-2 hours). Punch down, turn out on lightly floured surface and divide dough in half. Roll each piece in 12" x 8" rectangle. Brush *each* rectangle with 2 T. melted butter and sprinkle half of the filling mixture over each rectangle. You may sprinkle raisins over the surface. Roll each rectangle as for a jellyroll, beginning with the long side; seal edge. Cut each roll into eight 1½" slices. In the bottom of each of 2 pans place topping. Place 8 rolls cut side down in each pan. Cover; let rise in warm place until double. Bake in moderate oven (350°) for 25 minutes or until done. Cool a few minutes, then invert on rack.

Note: If you don't enjoy making the bread dough, frozen dough may be used instead. Simply thaw and proceed with the rest of the directions.

Brunch for Special Occasions

— Paul and Helen Sidles —

Bloody Mary Cocktails

* Baked Eggs with Sofrito *

* Cheddar Cornbread *

Coffee

The sofrito base for this dish may be prepared ahead of time and kept in the refrigerator or freezer. A good plan is to multiply the sofrito recipe several times in the late summer when vegetables are fresh and abundant, and freeze the sofrito in half pint containers for use throughout the year. Sofrito, translated "lightly-fried" from Spanish cuisine, has many variations but always contains onions or garlic or both. The ingredients are generally chopped and cooked in olive oil.

Cheddar Cornbread

Yields 10 - 12 Servings

1 c. yellow cornmeal
1 c. all-purpose flour
2 T. sugar
1 T. baking powder
1 t. salt

1 c. milk
2 eggs, beaten
2 c. (8 oz.) cheddar cheese, shredded

Combine first 5 ingredients in a large mixing bowl; set aside. Combine milk, eggs, and cheese; add to dry ingredients, mixing well. Pour batter into a hot, greased 10½" cast-iron skillet. Bake at 425° for 15 minutes or until cornbread is golden.

Sofrito

Serves 6

1/4 c. olive oil
1/2 c. finely chopped onions
1/2 c. finely chopped garlic
1 small sweet red or green pepper, cleaned and finely chopped
1/2 c. finely diced ham, smoked ham or pork chop
3 oz. hard, garlic seasoned pork sausage (pepperoni may be substituted)

2 med. size ripe tomatoes or 3/4 c. chopped, drained canned tomatoes
1 T. finely chopped parsley
1 small bay leaf
1 t. salt
1/4 t. pepper
1/3 c. water

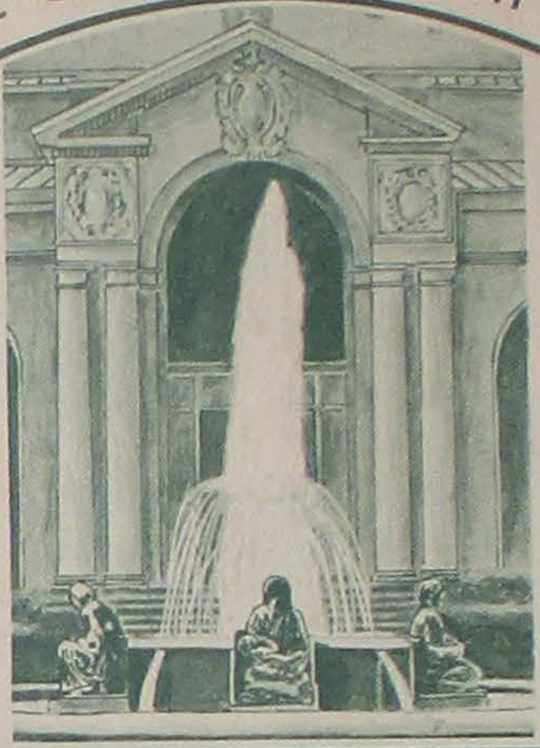
Clean and chop all vegetables to be included. Chop ham and/or pork chops and slice the hard sausages. Heat the oil over moderate heat until a light haze forms over it. Add the onions, garlic, chopped pepper and cook, stirring frequently for 5 minutes or until the vegetables are soft but not browned. Stir in the meats and add the remaining ingredients. Bring to a boil and cook briskly, uncovered, until most of the liquid has evaporated and the sofrito is thick enough to hold its shape when spooned. Set aside for immediate use or freeze.

Baked Eggs

Serves 6

2 t. olive oil
6 eggs
1/2 c. hot cooked fresh or frozen green peas
1/2 c. hot cooked fresh or frozen asparagus tips, 3-4" long
6-8 strips of drained, canned pimento, about 1/4" wide and 2-3" long
3 T. pale dry Sherry
Parsley sprigs (optional)

Pre-heat oven to 400° F. Brush the 2 t. of olive oil over the bottom and sides of a 9" x 9" x 2" inch baking dish (other shaped baking dishes of equivalent size may be substituted with appropriate changes in arrangement of eggs, peas, and asparagus.) Distribute sofrito in the dish, leaving depressions to promote even distribution of the 6 eggs. One at a time, break the eggs into the depressions (a slight tip to the baking dish helps keep the first few eggs on one side of the dish). Arrange the asparagus spears in parallel rows or in a radial fashion to generally separate the eggs into individual servings. Heap the peas in several mounds or distribute around the periphery of the dish. Drape pimento strips over the asparagus or elsewhere to decorate the dish. Sprinkle with sherry, cover, and bake 20 minutes or until an opaque film has formed over the egg yolks and egg whites are firm. Serve at once, garnished with sprigs of parsley as you like.



4th of July Brunch

— Phyllis Crouse —

* Bloody Mary Mix *

* Sausage and Egg Omelet with
Mushroom Sauce *

Fresh Fruit

* Carrot Bars *

* Chocolate Caramel Brownies *

The 4th of July in Clear Lake has always been a time for many friends and relatives to return. Everyone looks forward to a great time with friends at a brunch following the parade! Table setting, etc. are always red, white and blue.

Bloody Mary Mix

Serves 10

1-46 oz. can tomato juice
1 can beef broth - no water plus
 1 bouillon cube or 3 bouillon
 cubes dissolved in 1/2 c. water
4 T. Real lime
2 T. sugar
2 T. worcestershire
fresh ground pepper
dash garlic juice
1/4 t. tabasco
dash Lawry's salt

Mix all ingredients and chill.

Carrot Bars

Yields 3-4 dozen

Bars: 4 eggs
 2 c. sugar
 1¼ c. salad oil
 2 jars junior carrots
 2 c. sifted flour
 2 t. soda
 1 t. salt
 1/4 t. cinnamon

Frosting:
 6 oz. softened cream cheese
 2½-3 c. powdered sugar
 1 stick margarine
 2 t. vanilla

Beat 4 eggs. Add sugar, oil and carrots. Add sifted dry ingredients. Bake in greased 10" x 15" pan 30 minutes at 350°. Frosting: Mix all ingredients together, cream and spread on cooled bars.

Sausage and Egg Omelet with Mushroom Sauce

Serves 8 - 12

1½ lb. sausage (fry and drain)
6 eggs, beaten
3½ c. milk
1 t. salt
1 t. worcestershire sauce
1/2 c. mayonnaise
chopped chives
chopped parsley
2 c. grated swiss cheese
12 slices bread (trimmed)
Mushroom sauce:
1 can cream mushroom soup
1 can mushrooms, drained
worcestershire sauce
touch garlic powder

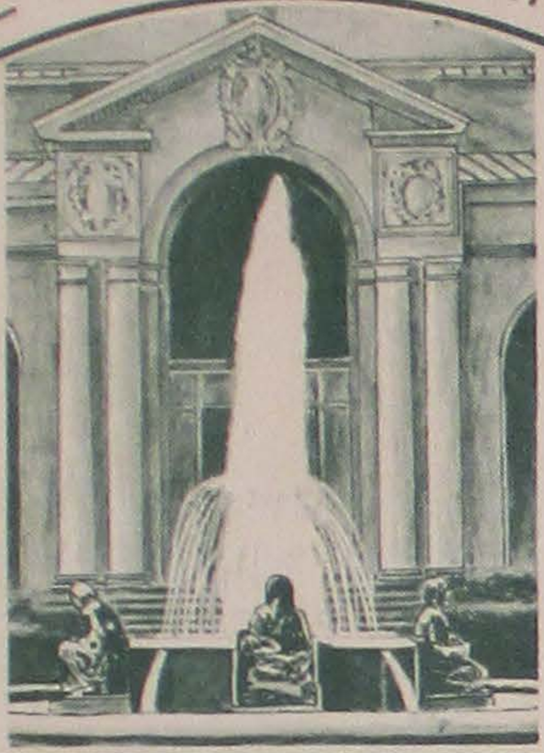
Fry and drain sausage (add 1½ t. prepared mustard *after* cooking). Butter 9" x 13" pan, line with 9 slices of bread. Put in sausage, cover with cheese, sprinkle with chives and parsley, then 3 slices crumbled bread on top. Mix eggs, milk, worcestershire and mayonnaise and pour over ingredients. Set overnight in refrigerator. Bake at 325° for 1 hour (cover for half of baking). Serve with mushroom sauce.

Chocolate Caramel Brownies

Yields 3 dozen

Duncan Hines Swiss Chocolate cake mix
3/4 c. margarine
1/3 c. Carnation milk (1/2 of small can)
14 oz. Kraft caramels (approx. 50)
1/3 c. Carnation milk
6 oz. milk chocolate chips
1/2 c. pecans

Mix first 3 ingredients together. Spread half of mixture in ungreased 9" x 13" pan. Bake 15 minutes at 300°. While mixture is baking, melt Kraft caramels and 1/3 c. Carnation milk in double boiler. Spread over baked layer. Sprinkle on top 6 oz. milk chocolate chips and 1/2 c. pecans. By teaspoonful, drop the rest of the cake mixture—spread. Bake 12-15 minutes at 300° till done.



Runner's Brunch

— Mardi Voss —

Iced Orange Juice

* Brioche Surprise *

* Fresh Fruit Medley *

Milk

Coffee

Use a yellow tablecloth, brown napkins with wooden and straw serving pieces. Fresh fruit or flowers from the garden can be used as a centerpiece. The hostess can go jogging, too, because everything is finished ahead of time. Upon returning, enjoy the juice while the main dish bakes for 15 to 20 minutes.

Brioche Surprise

Serves 10 - 12

6 T. oleo, melted
2/3 c. flour
1¾ c. water
1/4 c. white wine
4 oz. swiss cheese, grated
1 c. fresh mushrooms, sliced
1 c. fresh asparagus
1 c. ham, diced
1/4 c. parsley, minced

4 pkgs. dry yeast
6 T. milk (105° - 115°)
6 T. sugar
6 eggs
1 c. margarine, softened
4 c. flour
1 t. salt
1 egg yolk
2 T. water

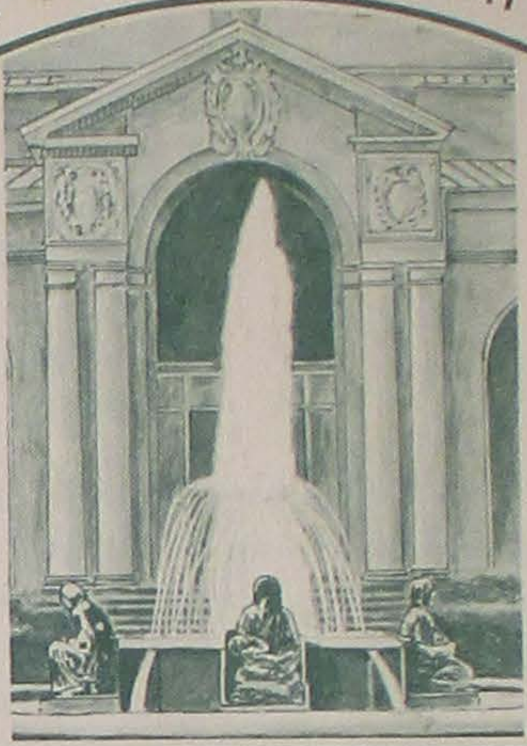
Filling: Steam asparagus 3-4 minutes, cool, dice. Blend margarine and flour, add water and cook to a thick white sauce stage. Add at one time wine, cheese, mushrooms, asparagus, parsley and ham. Blend to soften cheese. Bread: combine yeast and milk and allow to stand 5 minutes. In mixer beat well sugar and eggs. Add margarine, flour and salt. Blend. Add yeast mixture to batter and beat 3 minutes. Pour 1/2 batter in bottom of two 9" spring pans which have been sprayed with Pam. Spread over bottom and up sides part way. Pour 1/2 filling in each pan over batter leaving outer edge of batter uncovered. Cover filling with remaining batter—be sure all filling is covered. For a richer color, brush batter with egg yolk-water mixture. Cover, allow to rise in warm place until double (45-60 minutes). Bake in a pre-heated 450° oven 15-20 minutes. When baked, remove spring sides, cut with electric knife. Serve at once. This recipe can be cut in half. The filling can be made the day before and warmed before putting into batter. Other meats and vegetables could be substituted.

Fresh Fruit Medley

Serves 10 - 12

- 1/3 c. Port
- 1/4 c. orange juice
- 2 T. sugar
- 1 T. lemon juice
- 1/2 fresh pineapple
- 3 oranges
- 2 c. strawberries
- 3 pears
- 2 kiwi berries
- 2 bananas

Blend port, orange juice, sugar and lemon juice. Prepare pineapple, oranges, strawberries and pears and cut into bite-size pieces. Pour marinade over fruit. Chill several hours or overnight. A plastic covered container allows you to turn every few hours to blend marinade fully over fruit. Add sliced bananas before serving. Garnish with kiwi slices.



Easter Brunch

— Theresa Christensen —

* Deviled Egg and Dried Beef Casserole *

* Party Freeze Salad *

* Easter Egg Rolls *

Butter Curls

Coffee

Everyone knows that the Easter bunny has arrived when they come to the table featuring a centerpiece of clear glass antique candle holders and clear glass rabbits. The table covering is an antique "Postage Stamp Quilt" in pastel colors and is used with an assortment of pastel napkins to create a feeling of Springtime.

Deviled Egg and Dried Beef Casserole

Serves 6

1 pkg. dried, chipped beef
6 hard boiled eggs
1/4 c. mayonnaise
1/2 t. vinegar
1/2 t. mustard
1/4 t. salt
dash pepper
1 c. hot milk
2 T. butter
2 T. flour
1/4 t. salt
1/8 t. pepper
1/2 c. shredded sharp cheddar cheese
Pepperidge Farm bread stuffing, seasoned

Form 12 dried beef "nests" in 9" x 12" casserole, set aside. Make deviled eggs: mash egg yolks and add mayonnaise, vinegar, mustard, salt and pepper. Place deviled egg on each dried beef "nest". Make medium white sauce: Melt butter and mix in flour, milk, salt and pepper. Stir and cook until begins to thicken. Add cheddar cheese, stir until melted. Pour sauce over eggs, sprinkle with stuffing. Cover and bake at 350° for 20 minutes.

Party Freeze Salad

Serves 9

1 8-oz. pkg. softened cream cheese
1/4 c. honey
1 10-oz. pkg. frozen strawberries, partially thawed
2 medium bananas, sliced
2 c. miniature marshmallows
1 c. whipping cream, whipped

Beat cream cheese until smooth, add honey, and mix well. Add fruit and marshmallows, tossing gently to coat. Fold in whipped cream. Spoon mixture into a 9" square pan, cover and freeze until firm. To serve, let stand at room temperature 20 to 30 minutes, cut into squares.

Easter Egg Rolls

Makes 24 rolls

- 1 pkg. active dry yeast
- 1/4 c. warm water
- 1/4 c. lukewarm milk, scalded then cooled
- 1/4 c. sugar
- 1/2 t. salt
- 1 egg
- 1/4 c. shortening
- 2¼-2½ c. flour

In mixing bowl dissolve yeast in warm water. Stir in milk, sugar, salt, egg, shortening and half the flour. Mix with spoon until smooth. Add enough remaining flour to handle easily, mix with hand or spoon. Turn onto lightly floured board, knead until smooth and elastic, about 5 minutes. Turn once in greased bowl to bring greased side up. Cover, let rise until double, about 1½ hours. Punch down, divide dough into 24 pieces; form into small balls and place evenly in greased 9″ pie pan. Let rise until double, about 30 minutes. Heat oven to 375°. Bake 20-25 minutes or until brown. Cool. DO NOT SEPARATE.

Decorate "eggs" with icing and candies to make names, borders, flowers or dots to look like a basket of decorated eggs, leaving some rolls undecorated for contrast. Rolls may be placed in a round basket or set on a wicker paper plate holder. These are fun to make and eat.

For Brunch and Bridge

— Kay Marsden —

* Frothy Orange Juice *

* Overnight Mini Sweet Rolls *

* Cheese and Sausage Strata *

* Broiled Fruit Cup *

* Specialty Coffees *

This menu may be served buffet style or as a sit down meal. It is special because it could be casual or formal depending on the table settings you choose.

Frothy Orange Juice

Serves 6 (3/4 cup)

1/2 c. sugar
1 c. milk
1 c. water
1 t. vanilla
6 oz. can frozen orange juice concentrate
12 ice cubes

Combine all ingredients in 5 c. blender container. Blend at medium speed until ice dissolves and mixture is frothy.

Overnight Mini Sweet Rolls

Makes 32 mini Rolls

1 loaf frozen bread dough, thawed
1/4 c. Land O Lakes sweet cream butter
Cinnamon Variation:
  1/4 c. firmly packed brown sugar
  1 t. cinnamon
Orange Variation:
  1/4 c. sugar
  1 T. grated orange peel
Glaze:
  1/2 c. powdered sugar
  1 T. water

Place dough in greased bowl, turn greased side up. Cover; let rise in warm place until double in size (about 2 hours). Dough is ready if indentation remains when touched. Punch down dough. Roll into a 16" x 10" rectangle. Brush dough with 2 T. melted butter. Cut in half lengthwise making two 16" x 5" rectangles. In small bowl stir together brown sugar and cinnamon. Sprinkle over one rectangle. Roll up jelly roll fashion beginning with 16" side. Pinch edge of dough into roll to seal well. Cut into 16 pieces; place in greased 9" round baking pan. Brush tops of rolls with 1 T. melted butter. Repeat above method for orange variation. Cover; refrigerate overnight. Remove rolls from refrigerator; let sit at room temperature 1 hour. Heat oven to 350°. Bake 25-35 minutes or until golden brown. In small bowl stir together glaze ingredients and drizzle over rolls.

Cheese and Sausage Strata

Serves 8

6 slices bread, crusts removed
12 oz. bulk pork sausage, cooked, drained and crumbled
26 oz. carton Land-O-Lakes Pour-A-Quiche 3-cheese variety (thawed) or your favorite cheese quiche

Sauce: 1 T. sweet cream butter
1 T. all-purpose flour
1/8 t. salt
dash pepper
3/4 c. milk
1 c. (4 oz. shredded cheddar cheese

Place bread in bottom of greased 13" x 9" baking pan. Sprinkle with cooked sausage. Shake Pour-a-Quiche carton vigorously and pour over sausage. Cover, refrigerate overnight. Heat oven to 350°. Bake, uncovered, 25-35 minutes or until knife inserted in center comes out clean. Meanwhile, melt butter in 1 qt. saucepan. Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until smooth and bubbly. Stir in milk. Continue cooking, stirring occasionally, until mixture thickens and comes to a boil (4-5 minutes). Boil 1 minute. Remove from heat; stir in cheese until melted. Serve sauce over strata.

Broiled Fruit Cups

Serves 6

3 large oranges
1 grapefruit
8 oz. can pineapple chunks, drained
1 c. seedless red grapes
3/4 c. sour cream
1/4 c. sugar

To make orange shells, cut oranges in half. Cut around edges and membranes to remove orange sections. Cut orange sections into bite size pieces; reserve. Remove membranes from orange shells; reserve shells. Peel and section grapefruit; cut into bite size pieces. In large bowl toss together orange pieces, grapefruit pieces, pineapple and grapes. Spoon into reserved orange shells. In small bowl, stir together sour cream and sugar; spoon over each filled orange. Place in 13" x 9" baking pan. Place on rack 5" from heat. Broil 5-6 minutes or until slightly melted. (To save time, combine all the chunked fruit and make sour cream dressing the night before. In the morning, spoon fruit into orange rind cups, top with dressing and warm under broiler.)

Specialty Coffees

Makes 8 (1 cup) servings

4 c. strong coffee
4 c. milk
Whipping cream, sweetened and whipped

Chocolate Cinnamon Variation:
- 1/2 c. chocolate syrup
- 2 T. sugar
- 1/2 t. cinnamon

Orange Nutmeg Coffee Variation:
- 1/4 c. sugar
- 1 T. grated orange peel
- 1/4 t. nutmeg

In 3 qt. saucepan combine coffee and milk. Cook over medium heat until heated through 10-12 minutes. Stir in desired variation ingredients. If desired, garnish each serving with sweetened whipped cream.

Valentine's Day Brunch

— Patricia Severson —

* 1-2-3 Easy Party Punch *

* Creamy Ham and Egg Crepes *

* Citrus-Avocado Salad *

* Festive Cherry Torte *

Each of the recipes serves 8. I doubled all of these to serve 16 for a Valentine's Brunch. The punch was served first as people were arriving. The crepes and salad were on the dinner plates and served with a chilled chablis. Coffee with dessert. The favors were packets of Valentine cookies to take home.

1-2-3 Easy Party Punch

Serves 10

6 oz. can frozen orange juice concentrate
1/3 c. light corn syrup
1 one pint (12 oz.) bottle (3½ c.) chilled ginger ale

Mix thawed orange juice concentrate and corn syrup. Add gingerale and serve over ice. May garnish with orange slices and whole strawberries.

Festive Cherry Torte

Serves 6 - 8

3 egg whites
1 t. vanilla
1 c. sugar
3/4 c. chopped walnuts
1/2 c. finely crushed saltine crackers (about 14 crackers)
1 t. baking powder

Topping: 1 20-oz. can (2½ c.) frozen pitted tart red cherries, thawed
1/4 c. sugar
1/4 t. almond extract
2 T. cornstarch
1 c. whipping cream

Beat egg whites and vanilla till foamy. Gradually add the 1 c. sugar, beating to stiff peaks. Mix together nuts, cracker crumbs, and baking powder; fold into egg whites. Spread in well-greased 9" pie plate, building up sides. Bake in 300° oven 40 minutes or until dry on outside; cool. Drain cherries, reserving syrup. In saucepan, combine 3/4 c. of the syrup, the remaining sugar, and almond extract; heat to boiling. Add cherries; cook 5 minutes. Combine cornstarch and remaining cherry syrup; add to hot mixture in saucepan. Cook and stir until thickened and bubbly. Cool. Whip cream. Line meringue shell with half of the whipped cream. Fill with cooled cherry mixture; top with remaining whipped cream.

Citrus-Avocado Salad

Serves 8

2 c. drained grapefruit sections
2 ripe avocados, peeled and sliced
celery tops or watercress sprigs
2 cans (11 oz.) mandarine oranges, chilled and drained

Arrange on plates.

Honey-Poppyseed Dressing (1 c.):
4 T. lime or lemon juice
4 T. honey
2 t. poppy seeds
1 t. prepared mustard
1/2 t. salt
1/4 tsp. pepper
2/3 c. oil

Mix and spoon over the above salad.

Creamy Ham and Egg Crepes

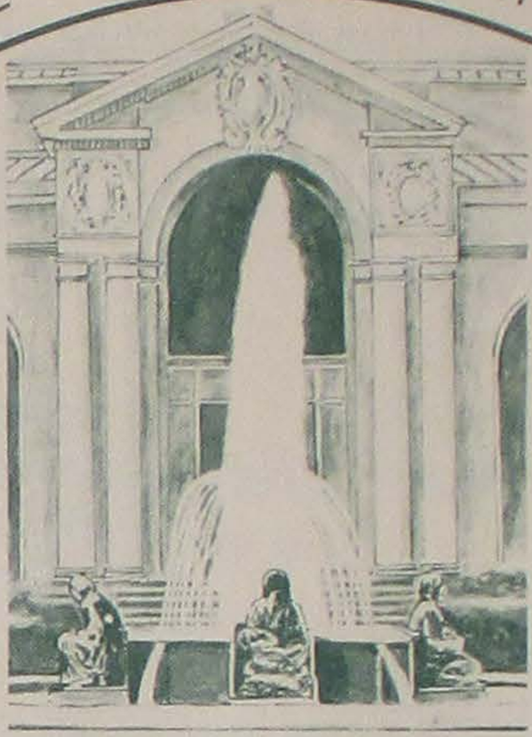
Serves 6 - 8

3 slightly beaten eggs
1 c. milk
1 cup all-purpose flour
1 T. butter or margarine, melted
1/4 t. salt

TO MAKE CREPES: In medium mixing bowl combine the above ingredients; beat until smooth with rotary beater. Lightly grease 6" skillet; heat. Pour 2 T. batter into hot skillet; lift and tilt pan from side to side until batter covers bottom of pan. Return to heat; brown one side of crepe only. Invert onto paper toweling. Repeat with remaining batter to make 18 to 20 crepes in all.

1/4 c. finely chopped onion
4 T. butter or margarine
1/4 c. all-purpose flour
2 t. prepared mustard
2 c. milk
1 c. (4 oz.) shredded sharp process American cheese
1/3 c. dairy sour cream
2 c. diced cooked ham or one 12 oz. can luncheon meat, diced
1 - 4 oz. can mushroom stems and pieces, drained
4 hard-cooked eggs, chopped

TO MAKE FILLING: In saucepan cook the chopped onion in butter until tender. Blend in flour and prepared mustard. Add milk. Cook and stir until mixture thickens and bubbles. Add shredded cheese; stir until cheese is melted. Remove from heat. Blend 2/3 c. of the cheese sauce into sour cream; stir in ham, drained mushrooms, and hard-cooked eggs. Set aside remaining cheese sauce. Spoon a scant 1/4 c. of the ham mixture onto center of each crepe. Roll up crepes and place seam side down in 13" x 9" x 2" baking dish. Pour the reserved cheese sauce over crepes. Bake in 375° oven for 20-25 minutes or till crepes are heated through.



Brunch with Jewish Fare

— Debbie Gitchell —

* Cold Beet Borscht *

* Cheese Blintzes *

Lox and Bagels

* Chopped Herring *

*Israeli Citrus Fruit Salad *

* Jewish Bundt Cake *

"Lox" is a traditional term given to smoked salmon, Nova Scotia style. The filet of salmon is cured and sliced very thin. It is perishable and must be kept refrigerated. Lox may be purchased in Jewish-style delicatessens. Bagels are hard rolls shaped like donuts and sliced crosswise. They are traditionally served with butter and cream cheese spread on each half, topped with 2 or 3 slices of lox. One may serve a bagel open face or as a sandwich. Many people garnish this with a dill pickle, capers, onion slices, or even a slice of cheese. Bagels can be purchased in most bakeries. "New York style" bagels seem to be preferred by bagel connoisseurs. I have found that Lender's Bagels, found in the frozen food department of local grocery stores, are highly rated.

Cold Beet Borscht

Serves 4 to 6

1 1-lb. can shoestring beets
2 cans water
1/2 c. sugar
1/2 c. bottled lemon juice
2 t. salt
sour cream
cucumber slices, optional

In 2 qt. saucepan, combine beets, water, sugar, lemon juice and salt; heat to boiling. Lower heat and simmer for about 2 minutes. Chill thoroughly. When ready to serve, top with sour cream and cucumber slices.

Chopped Herring

Makes 6 salad servings (12 as a spread)

1 large jar pickled herring
1 small onion
2 hard-boiled eggs
1 green apple
2 slices firm-texture white bread
1/4 c. cider vinegar
sugar to taste
freshly ground black pepper

Place herring, onion, eggs, and apple in food grinder using a fine blade. Soak the bread in the vinegar; squeeze dry. Add it to the herring. Season to taste with sugar and pepper. Serve as a salad on lettuce or as a spread with rye breads, challah, and matzo.

Israeli Citrus Fruit Salad

Serves 6

1 grapefruit
2 oranges
1/2 c. chopped dates
1/2 c. raisins
1/2 c. finely chopped almonds
1 c. orange juice
2 T. lemon juice
1/4 c. sweet red wine

Peel and slice oranges crosswise. Divide grapefruit into sections. Add other ingredients. Mix juices and add to fruits.

Cheese Blintzes

Makes 18 - 20 blintzes (8-9 servings)

Batter:
1⅛ c. flour
1/8 t. salt
3 large eggs
1½ c. milk
2 T. corn oil
butter

Beat eggs, salt and milk together until foamy. Add flour and whisk until smooth. Add the oil and refrigerate for 1 hour. Pour 1 t. of oil into 7-8" saute pan with 1/2 t. butter. Place the pan on medium-high heat; wait until fat sizzles. Ladle just enough batter into the pan so that the surface of the pan is barely covered when you rotate it. Replace the pan on the heat until the top of the crepe appears "set," not liquid. On an electric range rotate the pan several times for even heat. Remove to a towel-lined counter. Add another sliver of butter to the pan and repeat procedure for rest of batter.

Traditional Cheese Filling:
12 oz. dry cottage cheese
12 oz. softened cream cheese
2½ T. soft butter
1/3 c. + 1½ T. sugar

Mix ingredients until smooth and creamy. Chill.

Put spoonful of filling in center of each crepe. Fold opposite sides to center, tucking edges in. Fry briefly before serving. OR: The blintzes can be cooled and frozen with foil between the layers. To reheat, saute them in a single layer. They must be very hot. Serve with sour cream, jams, and fresh fruit.

Jewish Bundt Cake

Serves 16

1 lb. butter
2½ c. sugar
2 t. vanilla
4 eggs
1 t. soda
3 t. baking powder
2 c. sour cream
4 c. sifted flour
Topping:
  3/4 c. chopped walnuts or pecans
  1 t. cinnamon
  2 T. sugar

Beat first 4 ingredients until fluffy. Mix soda and baking powder and add. Stir in sour cream and flour until blended. Pour 1/2 of batter into a greased large bundt pan. Make a trough in the batter with a spoon. Pour 1/2 of the topping mix into the trough. Cover with the remaining dough. Sprinkle remaining topping over batter. Put cake in a COLD oven and set temperature to 350°. Bake one hour. Cool for 10-20 minutes and turn cake out on serving dish. Sprinkle with powdered sugar before serving. Freezes well. Warm before serving.

Back-to-School Brunch

— Helen McRoberts —

* Ann's Sherry Punch *

Apple Cider

* Sausage Delights *

* Little Smokey Quiche *

* Danish Coffee Cake *

* Ruthy's Frozen Fruit Salad *

Chocolate Mints

Coffee

Fall means the start of a new academic year, football, and a chance to greet friends at our annual open house. This brunch was prepared for the fall gathering of the Iowa State University Industrial Engineering Department. We served approximately 70 guests, but whether the guest list is large or small, the recipes can be easily adjusted for the number of guests.

Ann's Sherry Punch

Makes 35 - 4 oz. Servings

1/2 gallon Christian Brother's Golden Sherry
1 12-oz. lemonade concentrate
1 - 2 lemons, sliced

Mix all together the day before and refrigerate. Can be served from a pitcher or over an ice ring (made of lemonade) in a punch bowl.

Sausage Delights

Makes 100 Balls

1 lb. ground sausage, mild or hot
1 10-oz. pkg. extra sharp cheddar cheese, grated
1 t. paprika
3 c. biscuit mix

Have sausage and cheese at room temperature. Combine all ingredients and mix well. Roll into small balls and bake in preheated 350° oven for 12-15 minutes or until lightly browned. These balls may be baked and frozen and then reheated in oven or microwave.

Ruthy's Frozen Fruit Salad

Makes approximately 25 - 30

1 c. sugar
1 c. water
3 or 4 sliced bananas
1 large pkg. frozen strawberries, partially thawed
1-#2½ can crushed pineapple, undrained
1-#2½ can apricots, Drained and chopped

Bring sugar and water to a boil. Add, in a large bowl, the fruits and sugar water; mix well. Spoon into individual 4-5 oz. plastic glasses or muffin tins. Freeze. Set out ahead of serving to partially thaw.

Little Smokey Quiche (Crustless)

Serves 15

8 T. margarine
1 medium onion, diced
1/2 c. flour
1 c. milk
6 large eggs
1 lb. swiss cheese, grated
1 3-oz. pkg. cream cheese, softened
2 c. cottage cheese
1 t. baking powder
1 t. salt (can be omitted)
1 t. dill weed
1/4 t. pepper
3/4 lb. smokey sausages

Melt margarine in small saucepan. Add onion and cook until soft. Add flour and stir with a whisk until smooth. Gradually add milk, stirring constantly. Add to beaten eggs, cheeses, baking powder, salt, dill and pepper. Stir until blended. Use a sharp knife and cut sausages in thin slices. Fold into mixture. Pour into a greased 13″ x 9″ x 2″ pan. Bake uncovered at 350° for about 45 minutes or until quiche is done in the center. Let stand for a few minutes before serving. This can be assembled the day before and refrigerated until baked.

Danish Coffee Cake

Makes 3 Coffee Cakes

4 c. all purpose flour
1 t. salt
1/2 lb. butter or margarine, room temperature
1 c. milk
1 pkg. active dry yeast
3 t. sugar
2 eggs, well beaten
2 T. sugar
Filling: brown sugar, cinnamon, nuts, raisins

Heat the 1 c. of milk. Dissolve yeast with 3 t. of sugar in 1/4 c. of the heated milk. Set aside. In large bowl, using a fork, cut the 1/2 lb. butter or margarine into the 4 c. of flour. In medium bowl beat eggs with the 2 T. sugar. Beat in the rest of the milk; then stir in the yeast mixture. Pour the combined liquids over the flour mixture and blend well. Cover and put in refrigerator over night. Divide dough into three equal parts. On a floured board, roll 1 part into an oval shape (approx. 14″ x 10″), butter the center strip lengthwise (4″ x 10″), sprinkle with brown sugar, cinnamon, nuts, and/or raisins. Fold lengthwise edges (make several slashes near edges) toward center, slightly overlapping and fold ends toward top and seal. Repeat with the other 2 parts of dough. Place on greased baking sheets and cover. Let rise approximately 3 hours in a warm place. Bake until golden brown at 375° approximately 12-15 minutes. Cool on racks. A glaze made with powdered sugar and milk or water can be drizzled on top.

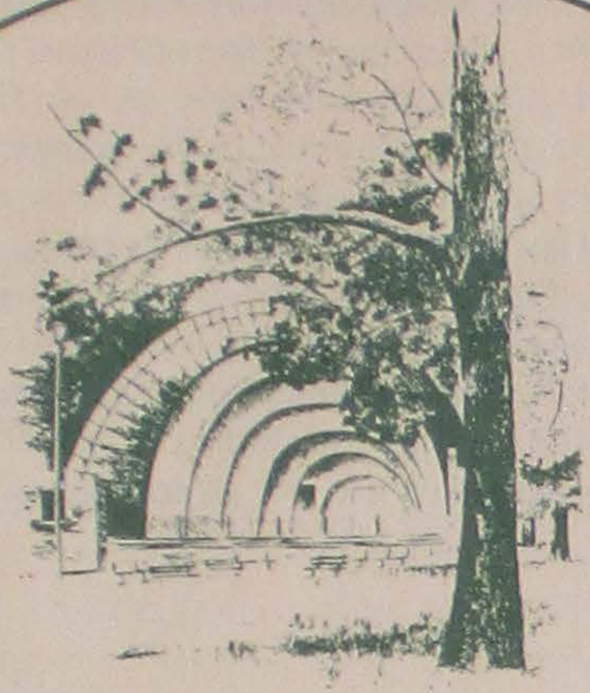
MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Luncheons

The Bandshell Park

Ames Park Commission was created by a vote of the people at an election held in 1926. Later that year, the Ames City Council gave the east 17 acres of Brookside Park and the block square area known as the Bandshell Park to the Commission for care and maintenance. The Bandshell located at Sixth and Duff was built in City Park as a W.P.A. project in 1934-35.

The line drawing of the Bandshell was done by Mary Beukema Harms. Mary is a businesswoman and mother of two young children. Her artistic endeavors are limited to mainly charitable purposes.



Kickoff Box Lunch

— Jane Urick —

* Touchdowners *

* Scramblers *

* Overnight Pasta Salad *

* Spaghetti—Vegetable Toss *

* Yogurt Freeze *

Brownies

Wine

Secure white bakery boxes of appropriate size from a local bakery. Each box will contain sandwich, salad cup, frozen dessert cup, brownie, napkin, plastic fork and spoon, plastic cup or wine glass. Salad and dessert are served in clear plastic cups covered with plastic wrap. Have boxes prepared with all except sandwich and frozen dessert. Serve each guest a box lunch from central location, adding hot sandwich and frozen dessert just before serving. Guests eat in groups of six. Each group picks up paper table cloth and bottle of wine from picnic basket and locates picnic style in yard, on patio, etc. Use school colors in paper products, helmet with fall mums as a center piece, school stickers on lunch boxes, crepe paper streamers, balloons, pom-pons, etc. for decorations.

Touchdowners

Makes 16 sandwiches

1 can smoked Spam
2 c. cheddar cheese
1/4 c. sweet pickle relish
1 T. mustard
2 T. mayonnaise
16 hamburger buns

Grate Spam and cheese. Mix with rest of ingredients. Spoon mixture onto buns. Wrap each sandwich in foil. Heat for 20 minutes or until cheese melts in 350° oven. Can be made a day ahead.

Scramblers

Makes 8-10 sandwiches

1-12 oz. can corned beef
1 c. American cheese, grated
1/2 c. stuffed olives, chopped
2 T. worcestershire sauce
1/2 c. catsup
1/4 c. onions, minced
1 can sauerkraut
8-10 hamburger buns

Mix all ingredients except sauerkraut. Spoon mixture onto buns. Wrap each sandwich in foil. Heat for 20 minutes in 350° oven. Have sauerkraut available for those wishing to add it to sandwich.

Spaghetti-Vegetable Toss

Serves 6

1-12 oz. can whole kernal corn with peppers, drained
1 c. sliced zucchini, halved
1 T. chopped onion
1/4 c. salad oil
2 T. white wine vinegar
2 T. lemon juice
1 T. sugar
1 t. seasoned salt
1 t. dried basil
6 oz. spaghetti

Break spaghetti into 2-inch lengths. Cook according to package directions. Drain, rinse, chill. Combine chilled spaghetti with corn, zucchini and onion. Combine oil, vinegar, lemon juice, sugar, salt and basil in jar. Cover and shake. Pour dressing over pasta. Toss and chill. Garnish with cherry tomatoes if desired. May be made a day ahead.

Overnight Pasta Salad

Serves 4-6

1 c. tiny shell macaroni
2 hard-cooked eggs, chopped
1 c. frozen peas, thawed
1/2 c. shredded Swiss cheese
1/2 c. mayonnaise
1/4 c. sour cream
1 T. chopped green onion
1 t. prepared mustard

Cook macaroni according to package directions. Drain, rinse, cool. Mix cooled macaroni with rest of ingredients. Chill. Garnish with cherry tomatoes if desired. May be made a day ahead.

Yogurt Freeze

Serves 4-6

1 c. plain yogurt
Sweetener to taste
1 c. frozen fruit, such as strawberries, raspberries, etc.

Place ingredients in blender at high speed, until well blended. Pour into cups. Freeze. Garnish with sprig of parsley.

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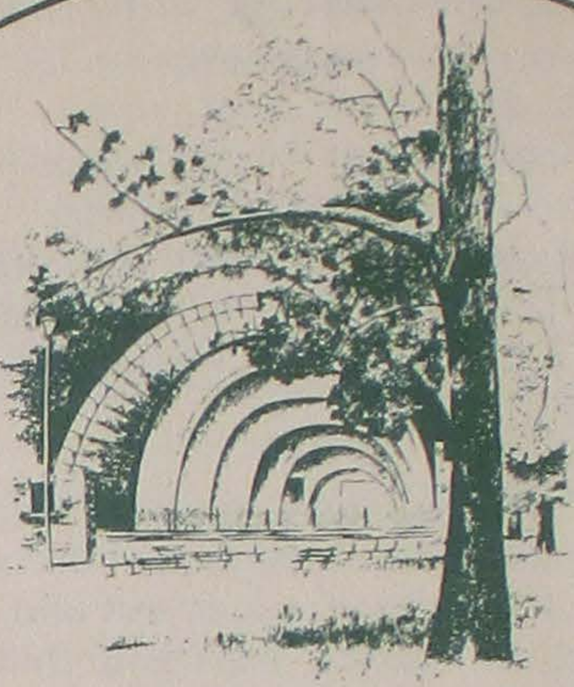

Spring Bridal Luncheon

— Carol Grant —

* White Wine Spritzers *

* Brie Crisps *

* Fresh Asparagus Soup *

* Feta Cheese Salad *

* Tiny Orange Muffins *

* Chocolate Truffle Cake *

Decorate home and table with fresh garden spring flowers. Use the bride's colors for table accessories if possible, and your best china and silver to make this a memorable occasion for the bride and her guests.

White Wine Spritzer

Serves 8

Bottle Sebastiani Chenin Blanc	wedges of fresh lime
Bottle Perrier Water	slices of fresh strawberry

Chill all ingredients well. Add Perrier to Chenin Blanc in your best wine glasses. Add wedge of fresh lime and two slices of fresh strawberries.

Brie Crisps

4 oz. Brie cheese, rind removed, room temperature	2 generous dashes cayenne pepper or to taste
1/2 c. butter, room temperature	1/8 t. salt
2/3 c. flour	paprika

Combine cheese and butter (may use food processor) and mix until creamy. Add remaining ingredients and blend until dough almost forms a ball in food processor. Shape into a roll 2 inches round and wrap tightly in plastic wrap. Refrigerate overnight. Slice rolls into 1/4 inch pieces, place 2 inches apart on cookie sheet and bake at 400° for 10-12 minutes or until edges are brown. Cool on rack. Sprinkle with paprika and serve with white wine spritzer.

Feta Cheese Salad

Serves 4

3/4 lb. fresh spinach, cleaned
1 med. cucumber, thinly sliced
1/2 c. sliced radishes
3 hard cooked eggs, sliced
1/4 c. sliced scallions
1/3 c. currants
1/3 c. nuts, toasted
1 oz. feta cheese, crumbled

Feta Cheese Dressing:
- 1 oz. feta cheese, crumbled
- 1/2 c. mayonnaise
- 1/2 c. sour cream
- 1 t. lemon juice
- 1/2 clove garlic, minced
- fresh pepper
- 1 T. grated Parmesan cheese

Arrange spinach in bottom of dish. Top with cucumbers, radishes and eggs. Spread dressing over the top. Cover and refrigerate overnight. Before serving, sprinkle top with scallions, currants, nuts and cheese.

To make cheese dressing, combine all ingredients and blend well.

Fresh Asparagus Soup

Makes 6-8 servings

2 lb. fresh asparagus, cut into pieces
3 c. chicken broth
2 green onions, chopped
1/4 c. butter
5 T. flour
3 c. half 'n half
1/2 t. curry powder, or to taste
salt and pepper to taste
1-2 T. sherry

Place asparagus in large saucepan with broth and green onions and cook until tender. Set aside 6-8 asparagus tips for garnish. Put into food processor and blend until smooth. Strain out asparagus that is not blended. Melt butter, add flour and cook, stirring constantly until blended. Add asparagus mixture and half 'n half. Stir until well mixed. Add seasonings and sherry and simmer 15 minutes. Garnish with asparagus tips.

Tiny Orange Muffins

Makes 4-5 dozen

1/2 c. butter	2 c. all purpose flour
1 c. sugar	grated rind of 2 oranges
2 eggs	1 c. brown sugar
1 t. baking soda	1/2 c. golden raisins
1 c. buttermilk	juice of 2 oranges

In large bowl, cream butter and sugar. Add eggs and beat until well mixed. Dissolve baking soda in buttermilk and add to mixture alternating with flour. Add orange rind and raisins. Fill well-buttered tiny tart pans 3/4 full and bake at 400° for 12-15 minutes. Remove immediately to serving plate. In small bowl, mix orange juice and brown sugar and pour 1 t. over each warm muffin. Serve while warm.

Chocolate Truffle Cake

Makes 12-16 servings

8 oz. dark sweet or semi-sweet chocolate
1 c. butter, room temperature
1½ c. sugar
5 eggs, beaten until foamy

Ganache:
  12 oz. semi-sweet chocolate
  1 c. heavy cream

Melt chocolate and stir until smooth. Remove from heat and cool 1-2 minutes. Add butter in small pieces and beat with wire whisk until smooth. Add sugar, beating 1 minute with whisk. Add eggs and beat until well mixed. Butter an 8 inch round cake pan and line with parchment. Pour in batter and set pan in slightly larger pan. Pour hot water into larger pan about 1 inch deep. Bake at 350° for 1½ hours. Cool 1 hour. Cake will fall. Refrigerate until set, at least 2 hours. Invert onto cake plate and spread Ganache.

To make Ganache: Boil chocolate and cream together, stir to blend. Refrigerate until spreadable. Frost top and sides of cake. Put a single, perfect flower from the garden in the center of the cake—bride's colors.

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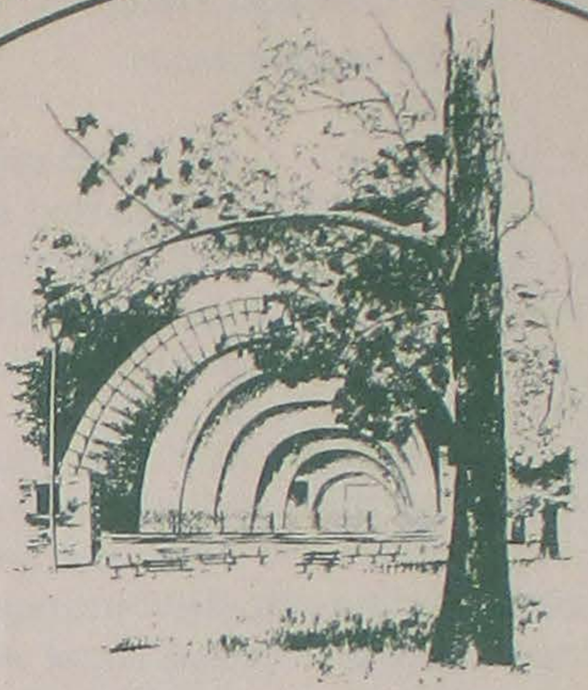


Bridal Shower Luncheon

— Mary Kay Phillips —

* Lime Grape Gelatin Salad *

* Hot Ham and Asparagus Sandwich *

Hot Rolls with Butter Curls

* Berry Pink Cloud *

* Sugar Rounds *

Iced Tea, White Wine, Coffee

Tables were covered in layers of blue and pink, white cloth napkins with a sprig of ivy and a touch of yellow, white china with silver trim and crystal goblets and wine glasses were used on each table. Centerpieces were pink sweetheart roses and mini yellow carnations in ivy plants, with blue satin ribbon. These were in white wicker baskets. At each place was a small decorated box of lace and flowers. In each box was a note of advice for the bride to be from the guests. The bride was also given a centerpiece.

Sugar Rounds

Makes 3 dozen

2 eggs beaten
2/3 c. salad oil
2 t. vanilla or 2 t. almond flavoring
3/4 c. sugar
2 c. flour
2 t. baking powder
1/2 t. salt

Beat eggs, stir in oil, flavoring and sugar. Add flour, baking powder and salt. Stir well. Drop by teaspoonful on ungreased sheet. Flatten with greased glass bottom dipped in sugar. Bake only until delicate brown. Remove from cookie sheet immediately. Bake 350° 8-10 minutes, depending on your oven. I make them very small for teas. They are fragile and break easily. Serve on a pretty plate.

Lime Grape Gelatin Salad with Dressing

Serves 6-8

1-3 oz. pkg. lime gelatin
1/4 c. freshly squeezed lime juice
1 c. small seedless grapes
lettuce
Dressing: 1/2 T. mayonnaise
1/3 c. sour cream
salt and sugar to taste
strawberries (8)

Prepare gelatin according to directions on package, substituting lime juice for part of the water. When partially set, fold in grapes and pour into mold. Chill until set, unmold on bed of lettuce. Blend dressing ingredients together. Spoon a bit on molded salad or let guests serve it. Garnish with strawberries. Mold and dressing may be made a day ahead.

Hot Ham and Asparagus Sandwiches

Serves 6

3 slices buttered toast, halved diagonally
3 slices boiled ham, halved diagonally
1-10 oz. pkg. frozen asparagus spears, cooked and drained

Cheese Sauce:
1 T. butter
1½ t. flour
dash of salt and pepper
1/2 c. milk
1/2 c. shredded cheddar cheese

In casserole, place toast slices (or use toasted English muffin halves). Top with ham, then bundles of hot asparagus.

Cheese sauce: Melt butter, add flour and stir in milk, salt and pepper. Add cheese and cook until melted. Spoon over prepared casserole and bake in oven until ham is heated through—about 20 minutes at 350°.

Berry Pink Cloud

Serves 8-10

whipping cream
1/4 c. sugar
2-3 drops red food coloring
2½ c. fresh unsweetened strawberries
1-#2 can drained pineapple chunks
1 c. marshmallows
2 bananas, sliced thick

Whip cream, add sugar, beat until dissolved. Add a few drops of food coloring just to make it pink. Add all fruit but bananas. Add bananas just before serving. Served in glass stemmed dishes with a whole berry or mint sprig garnish.

Ladies Luncheon

— Alpha Sandage —

* Ham Roll-Ups *

* Broccoli Souffle *

* Marshmallow Crescents *

* Super Brownies *

I love people and they are the most important part of any party. With a hot dish I usually serve fresh fruit and relishes to garnish. I like recipes which can be made ahead, so there is little last-minute preparation.

Marshmallow Crescents

Makes 16

1/4 c. sugar	3 T. melted butter
1 t. cinnamon	Icing:
2 cans (8 oz.) Pillsbury refrigerated quick crescent dinner rolls	1/2 c. powdered sugar
	2-3 t. milk
16 large marshmallows	1/2 t. vanilla

Combine sugar and cinnamon. Separate 2 cans crescent dough into 16 triangles. Dip each marshmallow in melted butter and roll in the sugar-cinnamon mixture. Place a marshmallow on the wide end of a crescent triangle. Fold the corners over the marshmallow and roll toward the point, completely covering the marshmallow and squeezing the edges of the dough to seal. Dip point-side in butter and place buttered side down in greased muffin pan. Repeat with the remaining dough. Place pan on a cookie sheet during baking. Bake at 375° for 10-15 minutes. Remove from the pan immediately and drizzle with icing.

Ham Roll-Ups

Serves 8

8 slices boiled ham	Curry Sauce:
2 c. cooked rice	1/4 c. butter
1 medium onion (minced)	1/2 t. curry powder
1/4 c. chopped parsley	1/2 t. monosodium glutamate
1 T. melted butter	1/2 t. salt
1/2 t. salt	2 T. corn starch
1/2 t. curry powder	2 c. milk

Place 1/3 c. rice mixture on each ham slice. Roll each slice and place seam side down in a baking dish. Pour curry sauce over the ham rolls and bake at 375° for 30 minutes. The ham rolls can be made the day ahead and refrigerated. The sauce can be added just before baking.

Broccoli Souffle

Serves 8

2-10 oz. pkg. frozen broccoli (chopped)
1/4 c. chopped onion
6 T. butter
2 T. flour
1/2 c. water
1-8 oz. jar Cheese Whiz
3 eggs, well beaten
1/2 c. soda cracker crumbs

Thaw broccoli, and drain well. Set aside. Saute' onion in 4 T. butter. Stir in flour and water. Cook mixture over low heat until thick and boiling. Blend in cheese. Combine the cheese sauce and broccoli. Add beaten eggs and mix gently until blended. Turn into a greased 1½ qt. casserole. Cover with crumbs and dot with remaining butter. Bake 40-45 minutes at 325°.

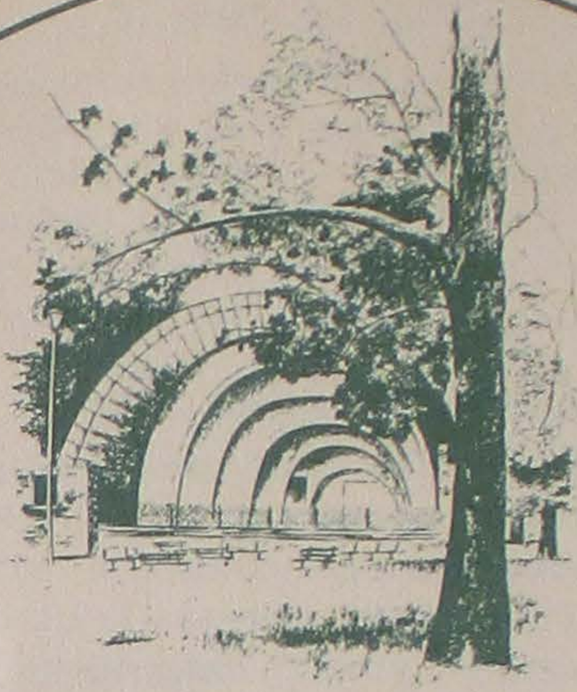
Super Brownies

Makes 2 large pans

1 lb. butter
4 c. sugar
1 T. vanilla
1 t. salt
8 beaten eggs
1½ c. cocoa
3 c. flour
2 c. chopped nuts
Frosting:
  3 c. powdered sugar
  1/4 c. butter
  3 T. cocoa
  2 t. vanilla

Cream sugar and butter. Add beaten eggs, salt and vanilla. Sift cocoa and flour together and add to the mixture. Fold in the nuts. Pour into 2 large cookie sheet pans. Bake at 350° for 20-25 minutes. Frost. These freeze well.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES



Welcome Spring Luncheon

— Barbara Paul —

Chablis

Assorted Nuts

* Marshall Field Special (Open Face Sandwich) *

* Chocolate Ice Box Cake *

Coffee, Tea

Serve assorted nuts with chablis while everyone chats before lunch. Use white lace placemats and napkins with a centerpiece of daisies in silver bowl for an elegant and springy atmosphere. The open face sandwiches and chocolate ice box cake make a delicious noon-time delicacy.

Marshall Field Special Sandwiches

Serves 4

4 slices rye bread
4 slices Swiss cheese
4 slices ham
4 lettuce leaves
4 slices chicken or turkey breast
4 thick slices tomato
4 slices hard cooked egg

Boiled Dressing:
- 1 c. milk
- 4 T. butter
- 1 T. flour
- 3 egg yolks
- 1 T. mustard
- 1/2 c. vinegar
- salt

Dressing:
- 1 c. of above boiled dressing
- 1 c. mayonnaise
- 3 hard cooked eggs
- 1 c. chili sauce
- 2 T. sweet pickle relish
- 1/2 t. horseradish
- 1/2 c. catsup

For each sandwich, place on each plate a slice of buttered bread, a slice of cheese, ham, lettuce and chicken.

To make boiled dressing: Make cream sauce of butter, flour, salt and milk.

Beat egg yolks, add vinegar and mustard. Pour into cream sauce and cook until mixture thickens slightly. If necessary, beat with egg beater to make smooth.

To make Dressing: Mix together boiled dressing, mayonnaise, chopped hard cooked eggs, chili sauce, pickle relish, horseradish and catsup.

Add generous amounts of finished dressing over sandwich. Garnish with slice of tomato and egg.

Chocolate Ice Box Cake

Serves 6

2 cakes (German sweet chocolate)
3 T. sugar
3 T. hot water
4 eggs, separated
vanilla
1/2 envelope Knox gelatin
2 T. cold water
1 doz. lady fingers

Melt chocolate, sugar and hot water in double boiler. Add gelatin which has been soaked for five minutes in cold water. Cool. Pour over beaten egg yolks. Add vanilla and fold into egg whites beaten stiff. Arrange lady fingers in layers in loaf pan. Pour chocolate mixture between layers. Chill overnight. Slice and serve with whipped cream.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

MARY GREELEY MEDICAL CENTER

Healthy Cuisine

Mary Greeley Medical Center Entrance

Presented to the City of Ames in 1916 by Captain Wallace M. Greeley in memory of his wife, it has grown from 35 to 217 beds. Enlarged several times since its conception, the medical center has been an innovator in areas such as outpatient surgery and paramedic services. With a specialized medical staff of more than 100, Mary Greeley has become an established referral center. New services have been developed to meet needs in adult and adolescent psychiatry, rehabilitation and care of cancer and heart patients.

Bill Barnett, a surgeon and local amateur artist, enjoys drawing and painting impressions—in this instance the front entrance of the Mary Greeley Medical Center. Although self-taught, Bill receives help from local artists and enjoys an occasional art workshop.

Healthy and Hearty Dinner

— David Stark —

* Hearty Tomato Soup *

* Glazed Ham Balls *

* Steamed Broccoli with Cheese Sauce *

* Swedish Rye Bread *

* Frozen Cream Cheese and Yogurt Pie *

Happy are those who dream the dreams and are willing to pay the price to make them come true. They will enjoy this meal.

Hearty Tomato Soup

Serves 6

1 clove garlic, minced
1 onion, chopped
1 stalk celery, chopped
1 carrot, chopped
2 T. flour
3/4 c. raw rice
1-28 oz. can tomatoes (or start with fresh tomatoes)
2 t. salt
pepper
1 t. sugar
1 t. oregano
1 t. basil
3 c. hot milk
1 T. butter

Sauté garlic, onion, celery and carrot. Stir in flour and rice and sauté until rice is toasty. Then add tomatoes, salt, pepper, sugar, oregano, and basil. For a smoother, more elegant soup, puree in a blender until smooth. Add the milk and butter.

Swedish Rye Bread

Makes 4 large loaves

4 c. warm water
2 pkgs. dry yeast
1 c. white sugar
2 t. salt
2/3 c. molasses (dark)
4 T. melted butter
1/4 c. warm water
6 c. white flour
6 c. rye flour
1/4 t. crushed fennel seed
1/4 t. crushed anise seed or 1/2 t. liquid anise

Dissolve yeast in 1/4 c. warm water (110° F) and let stand 10 minutes. Add sugar and salt to the 4 cups warm water in large bowl. Add 2 cups of flour, beat. Add yeast, molasses, anise, fennel and 4 T. melted butter. Work in the rest of the flour. Knead in well. Add white flour until just tacky to the touch. Let stand in bowl in warm place to let raise. Punch down, grease top and form into loaves. Let raise again. Bake 30 minutes at 350°, turn oven down to 325° for additional 30 minutes. Brush with butter when taken from oven.

Glazed Ham Balls

Serves 4

Glaze: 3/4 c. brown sugar
1/2 c. vinegar
1/2 c. water
1 t. dry mustard
Combine all ingredients, heat to boil

Ham Balls:
- 1½ lb. ground beef
- 1 lb. ground ham
- 2 c. whole wheat bread crumbs
- 1/2 t. salt
- 1 c. milk
- 2 eggs

Combine all ingredients, shape into balls. Place in pan and cover with glaze. Bake at 350° for 1 hour. Baste frequently.

Steamed Broccoli with Cheese Sauce

Serves 4

1 head broccoli
Cheese Sauce:
- 1/4 c. oil
- 1/4 c. flour
- 1½ c. water
- 1/2 t. salt
- 1 T. tomato paste
- dash nutmeg
- 1/4 t. dry mustard
- 1/2 t. worcestershire sauce
- 1 c. grated cheddar cheese

Broccoli: Steam until firm.

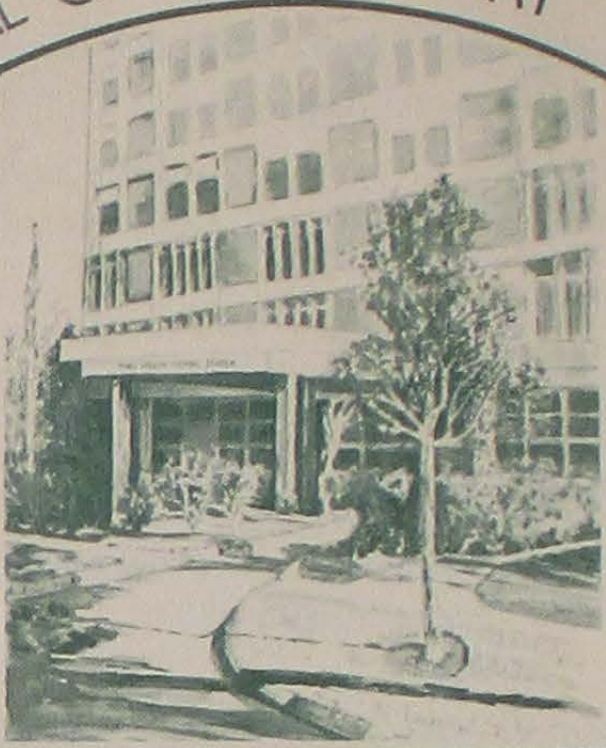
Sauce: Heat oil, stir in the flour. Cool for 2 minutes over low heat. Stir in water and simmer until mixture is thick, adding the salt, tomato paste, nutmeg, mustard and worcestershire sauce. Gradually add the grated cheese and stir until it is melted. Cut down on the amount of water for a thicker sauce. Try experimenting with the flavorings to your taste.

Frozen Cream Cheese and Yogurt Pie

Serves 8

- 1 - 9" pie crust
- 1 c. cream cheese, softened to room temperature
- 2/3 c. yogurt
- 1/3 c. instant dry milk
- 1/2 c. honey
- flavoring of your choice (almond, vanilla, lemon, orange, etc.)

Bake pie crust and cool while making filling. Beat the cream cheese and yogurt together until smooth. Beat in dry milk 2 tablespoonsful at a time. Then beat in honey. Add a few drops of flavoring (almond extract will go with just about any fruit topping). Pour into pie crust, freeze (keep frozen or it will turn into soup). Garnish with fruit of your choice.



Delicious Dining

— Diane Seiler —

* Roast Beef in Wine Sauce *

* Broccoli Western Style *

* Golden Amrosia Salad *

* Blueberry Muffins *

* Maple Creme *

A special low salt menu.

Calories		**Sodium**
Beef	*240*	*50 mg*
Broccoli	*140*	*12 mg*
Ambrosia	*137*	*60 mg*
Muffins	*135*	*96 mg*
Maple Creme	*190*	*127 mg*
	842	*345 mg*

Roast Beef in Wine Sauce

3 lb. rolled beef rump roast
1 c. dry red wine
1/2 t. thyme
1 t. lemon juice
1 T. vegetable oil

Preheat oven to 325°. Place meat in roasting pan. Mix remaining ingredients and use to baste roast 3-4 times during the cooking period. Bake 1½-2 hours until meat thermometer reaches desired degree of doneness.

Calories: 175/serving; Sodium: 50 mg

Broccoli Western Style

Serves 3

1 T. lemon juice
1/4 t. pepper
1/4 t. oregano
1/4 garlic clove
2 T. oil
1 pkg. (10 oz.) frozen or 1 lb. fresh broccoli

Mix all ingredients together except broccoli. Let stand 30 minutes. Cook frozen broccoli according to directions on package, omitting salt. If using fresh broccoli, wash, trim, cut into small stalks and cook in boiling unsalted water 10-15 minutes or until tender but still crisp. Remove garlic from dressing, stir well and pour over hot broccoli just before serving. Variation: Green Bean Western Style—use green beans in place of broccoli.

Calories: 140/serving; Sodium: 12 mg

Golden Ambrosia Salad

Serves 8

- 1-3 oz. box orange gelatin (gelatin with Nutrasweet may be used and would significantly lower calories
- 1 c. boiling water
- 1 c. orange juice
- 1 T. lemon juice
- 1 T. sugar
- 1½ c. fresh orange sections, without membrane
- 1½ c. sliced bananas
- 1/4 c. coconut

Dissolve gelatin in boiling water. Stir in orange juice, lemon and sugar. Let set in refrigerator until gelatin begins to thicken. Fold in orange sections, bananas and coconut. Pour into ring mold. Unmold. Garnish with endive and fill center with orange sections and bananas; sprinkle with coconut.

Calories: 137/serving; Sodium: 60 mg.

Blueberry Muffins

Serves 12

- 1 c. blueberries, fresh or frozen
- 1¾ c. all-purpose flour
- 2½ t. baking powder
- 1/3 c. sugar
- 2 egg whites, slightly beaten
- 1/4 c. oil
- 1/2 c. skim milk
- 1 t. sugar

Wash and drain fresh or frozen berries. Sift flour, baking powder and 1/3 c. sugar together. Combine egg whites, oil and milk and pour all at once into dry ingredients. Stir just enough to blend. Gently stir in blueberries. Pour batter into oiled muffin tins 2/3 full. Sprinkle lightly with 1 t. sugar and bake in preheated 400° oven 20-25 minutes or until browned. Allow muffins to cool 2 minutes before removing from pan.

Calories: 135/muffin; Sodium: 96 mg.

Maple Creme

Serves 5

- 1/2 c. dark brown sugar
- 1/4 c. cornstarch
- 2¾ c. skim milk
- 2 T. margarine
- 1 t. maple flavoring
- Few coarsely chopped toasted walnuts

Combine sugar and cornstarch in a sauce pan and mix well. Add 1 c. of milk and stir until sugar is dissolved and cornstarch is evenly dispersed. Stir in remaining milk. Bring to a boil over medium heat, stirring constantly. Reduce heat to simmer and cook stirring only occasionally for 5 minutes. Remove from heat. Stir in margarine and maple flavoring. Serve chilled in stemware glasses. Garnish with chopped toasted walnuts.

Calories: 190/serving; Sodium: 127 mg.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

A Very Special Dinner

— Sally Dominick —

* French Herbed Chicken with Noodles *

* Spiced Peach Half *

* Spinach Salad *

* Dessert Soufflé with Fruit *

For those on a diabetic (low calorie) diet.

Diabetic Exchanges:

Milk	*1*	***Vegetable***	**2**
Meat	*4*	*Fat*	*2*
Bread	*1*	*Fruit*	*1*

Calories: approximately 165

French Herbed Chicken with Noodles

Serves 4

1 3-lb. ready-to-cook broiler/fryer chicken, skinned, cut up
1 T. shortening
1-8 oz. can (1 c.) small whole onions, drained
1½ c. sliced carrots
1 clove garlic, crushed
2 T. snipped parsley
1/4 t. dried thyme, crushed
1 c. fresh mushrooms (or large can sliced mushrooms)
1 c. sauterne
3 branches celery, cut up
1 medium bay leaf
4 oz. noodles, cooked and drained

In skillet, brown chicken in hot fat. Season with salt and pepper and place in 2 quart casserole. Drain excess fat in skillet; add remaining ingredients except celery and bay leaf. Heat, scraping up browned pieces. Pour over chicken. Tuck in celery and bay leaf. Cover and bake at 350° for 1¼ hours. Remove bay leaf and celery. Serve with 1/2 c. cooked noodles per serving.

Diabetic exchange: 4 meat, 1 bread, 1 vegetable; 395 calories/serving.

Spiced Peaches

Number of servings varies with number of peach halves in can

1 1-lb. can unsweetened peach halves, undrained
1 6-inch cinnamon stick
3 whole cloves

Pour peaches with liquid into saucepan. Liquid should cover the fruit. Add cinnamon stick and cloves. Bring to a boil. Reduce heat and simmer 10 minutes. Serve hot or chill in refrigerator and serve as a cold garnish.

Diabetic exchanges per 2 medium half serving: 1 fruit; 40 calories.

Spinach Salad

Serves 4

4 c. chilled fresh spinach, washed and torn into bite-sized pieces
1/4 c. sliced green onions
1/3 - 1/2 c. salad dressing (recipe follows)

Salad Dressing:
- 1/3 c. low-calorie mayonnaise
- 1/4 c. lemon juice
- 1/4 . cold water
- 2 T. grated Parmesan cheese
- 1 clove garlic, minced
- dash pepper
- dash soy sauce

Combine ingredients of "Salad Dressing" in a jar and shake well. Store in refrigerator. Makes 1 cup.

Diabetic exchange: 1 vegetable, 1 fat; 70 calories/serving.

Dessert Souffle with Fruit

Serves 8

Batter:
- 3 eggs plus 1 egg white
- 1½ c. low-fat (2%) cottage cheese
- 1/4 c. vanilla low fat yogurt
- 2 packets Equal

Filling Ingredients:
- 3 c. sliced fresh strawberries or a combination (for example: 3/4 c. each of fresh blueberries, sliced peaches, strawberries, bananas)
- 2 T. lemon juice
- 6 packets Equal

Separate egg yolks into blender (or food processor) and egg whites into electric mixer bowl. Add cheese and yogurt to egg yolks; cover and blend smooth. Beat egg whites stiff with electric mixer. Pour egg yolk and cheese mixture into egg whites and gently but thoroughly fold together (don't overmix). Spoon batter into a round nine-inch non-stick cake pan. Bake in a preheated 350° oven 35-45 minutes until well browned and puffy. (Cake puffs as it bakes and sinks as it cools.) Remove cake from oven and sprinkle lightly with 2 packets Equal. When cool, chill in the refrigerator. Meanwhile prepare fruit: stir together with lemon juice and 6 packets Equal; refrigerate until serving time. Spoon fruit on top of cheesecake just before serving. (Unsweetened, well-drained canned or thawed fruit may be substituted.)

Diabetic exchanges: 1 non-fat milk, 1 fat; 120 calories/serving.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Eating Can Be Light

— Karen Ross —

* Italian Fish Roll-Ups *

* Rice with Currants *

* Mixed Greens with Dill Dressing *

Bread Sticks

* Fresh Pears with Chocolate Brandy Sauce *

This is a low cholesterol, low fat, low calorie menu.

Calories:		**Fat:**
Fish	*125*	*1.5*
Rice	*113*	*3.7*
Salad	*40*	*0.0*
(2) Breadsticks	*46*	*.4*
Pear	*70*	*2.0*
	394	*7.6 gm*

Italian Fish Roll-Ups

Serves 4, 1 roll-up each

- 1 lb. flounder or cod fillets, fresh or frozen, without skin
- 9 oz. pkg. frozen French-style green beans
- 2 T. onion, chopped
- 1/2 c. boiling water
- 8 oz. can tomato sauce
- 1/4 t. oregano leaves
- 1/4 t. basil leaves
- 1/8 t. garlic powder
- 1 T. grated Parmesan cheese

Thaw frozen fish in refrigerator overnight. Divide fish into 4 servings. Add beans and onion to boiling water. Cover and boil gently until beans are tender crisp, about 7 minutes. Drain. Place 1/4 of the bean-onion mixture in middle of each fish portion. Start with narrow end of fillet and roll. Place in baking pan with the end of fillets underneath. Mix tomato sauce, oregano, basil, and garlic powder. Pour over fish roll-ups. Sprinkle with cheese. Bake at 350° (moderate oven) until fish flakes easily when tested with a fork, about 45 minutes.

Calories: 125 with flounder, 120 with cod; Fat: 1.5 gm

Fresh Pears with Chocolate Brandy Sauce

Serves 6, 1/2 pear

- 3 large fresh pears
- 6 t. chocolate chips
- 6 t. brandy
- 6 t. lemon juice

Cut pears in half lengthwise. Scoop out cores. Cut a thin slice from the bottom so pears stand firmly. Brush a teaspoon of lemon juice over cut surface of each pear half. Arrange pears side by side in a buttered 9" x 9" pan. Place a teaspoon of chocolate chips and a teaspoon of brandy in each pear cavity. Cover with aluminum foil and bake 25 minutes or until fork tender. May gently stir chocolate after removing from oven to break up chips.

Calories: 70; Fat: 2.0 gm

Rice with Currants

Makes 4 - 1/2 c. servings

1 T. vegetable oil
1 T. finely chopped onion
1 c. long-grain rice
1½ c. canned chicken broth
2 T. currants (or raisins)
1 strip lemon peel (sliced in long slivers)
1/2 bay leaf
salt to taste if desired

Heat oil in a heavy sauce pan with tight fitting lid. Add onion and cook stirring until onion is transparent. Add the rice and cook, stirring about 30 seconds. Add remaining ingredients and bring to a boil. Cover, reduce heat to very low and cook without lifting lid for 15 minutes. Turn off heat and let rice sit another 15 minutes—do not lift lid. Uncover, remove bay leaf, fluff rice and serve.

Calories: 113; Fat: 3.7 gm

Mixed Greens with Dill Dressing

Serves 4

4 c. chilled mixed salad greens, washed and torn into bite-size pieces
1/3 - 1/2 c. salad dressing, recipe given below

Dill Dressing:
1/2 c. uncreamed, unsalted cottage cheese
3/4 c. buttermilk
1/4 t. dry mustard
1 T. minced onion
2 t. parsley flakes
1 T. chopped chives
1 t. dill

Combine all dressing ingredients in blender and mix until creamy and smooth. Chill. Store in refrigerator. Makes 1-1/3 cups. Commercial *No Fat Italian Dressing could substitute for dill dressing.

Calories: 8/Tablespoon; Fat: Negligible

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Vegetarian Dinner

— Jan McKee —

* Broccoli Quiche *

* French Bread *

* Lettuce Salad with
Blue Cheese Dressing *

* Carrot Cake with
Cream Cheese Frosting *

A vegetarian meal can be exciting and interesting to prepare as well as a joy to eat.

Broccoli Quiche

Serves 6

1-10 oz. pkg. frozen broccoli
1/2 lb. grated Swiss cheese
3 eggs, beaten
1 c. evaporated milk
1/2 t. salt
4 oz. fresh mushrooms, sliced
1/2 onion, chopped
4 t. butter
1/3 c. sliced ripe olives
Pastry:
  2 c. flour
  1 t. salt
  2/3 c. + 2 T. shortening
  1/4 c. ice water

Pastry: Mix flour and salt in a bowl; cut in shortening with pastry blender until particles are pea-size. Sprinkle with water 1 T. at a time, mixing with fork, until flour is moistened. Gather dough together, press into a ball; roll out on floured surface; line bottom and sides of quiche dish or large pie pan. In sauce pan with small amount of water, partially cook broccoli (4 minutes) and drain. In sauté pan, melt 2 t. butter and sauté onions until tender. Set aside. Again using 2 t. butter in sauté pan, sauté mushrooms until lightly browned. Spread onion and mushrooms in bottom of pastry. Spread broccoli; then grated cheese. Mix eggs and milk together and pour over ingredients. Sprinkle ripe olives on top. Bake at 350° for 45-60 minutes.

Lettuce Salad with Blue Cheese Dressing

lettuce, assorted types
cherry tomatoes
scallions
fresh sliced mushrooms
pieces of blue cheese
thinly sliced green pepper
sunflower seeds or croutons
Dressing:
  1 c. mayonnaise
  milk
additional blue cheese chunks

Prepare the salad either in a large serving bowl or in individual salad bowls. Mix 1 c. mayonnaise with enough milk to allow the mixture to flow. Gently stir in blue cheese chunks to taste (perhaps 2 t.).

French Bread

Makes 3 loaves (baguettes) 16-18 in. length, 3 in. diameter

1 pkg. dry yeast
1/3 c. tepid (105°) water
3½ c. unbleached flour
2¼ t. salt
1¼ c. tepid water

* Other required materials: 3 or 4 quart straight-sided bowl, pastry cloth, razor blade, clean plant mister

Stir yeast into 1/3 c. water and let dissolve. Measure remaining ingredients into straight-sided 3-4 quart mixing bowl. Stir yeast until granules completely dissolve; pour into flour mixture and mix vigorously. A mixer with a dough hook can be used. Turn dough out onto floured surface and let rest several minutes. Using a spatula, knead dough by turning one side over onto the other. When dough develops enough body, continue kneading by hand for 8 minutes until dough is soft and elastic. Return dough to clean bowl, cover and let rise at 70-75° for 3½ hours until triple in volume. Turn dough out onto floured surface, flatten into 10-inch circle, fold one side over onto the other 3 times, return dough to bowl, cover, and let rise to previous volume (1½ to 2½ hours). Scoop dough onto floured surface and divide into 3 equal parts. One at a time, flatten a piece of dough with floured palm of hand into an oval 8 inches long. Fold in half along its length, creating a thinner, long shape. Repeat several times, flattening dough, forming a trench lengthwise and folding over. Seal the 2 edges together. Now lengthen the sausage shape by rolling the dough under the palms of both hands and working toward the two ends. Keep the circumference as even as possible. Roll until a length of approximately 18 inches is obtained. Flour the surface of a pastry cloth and place each loaf on the cloth. Pull a ridge of cloth up between loaves. Cover loosely with a floured towel and let rise 1½-2½ hours until almost triple. Preheat oven to 450°. Sprinkle cornmeal on baking sheet. Flip or transfer one at a time with soft underside on top. Cut three slashes diagonally into the top of each loaf with a razor blade. Each cut should extend about 1/3 the length of the loaf and slightly overlap the previous cut. Cut nearly parallel with the surface. As a substitute steam contraption, spray the loaves with a light film of water and immediately put into oven. Spray again after 2, 4, and 6 minutes. Bake 20-25 minutes until loaves are crusty and sound hollow when thumped. Bread may be "freshened" by heating 5 minutes in 400° oven just before serving. Do not warm in microwave. Serve with chilled butter. Servings may be torn by each guest from the long baguette.

Carrot Cake

Serves 12, Bundt-size Cake

- 2 c. flour
- 2 t. baking soda
- 2 t. baking powder
- 1 t. salt
- 1 t. cinnamon
- 1/4 t. mace
- 1½ c. sugar
- 1¼ c. oil
- 4 eggs
- 3 c. finely shredded carrots
- 1 T. finely grated lemon peel
- 3/4 c. chopped nuts
- 1/2 c. raisins

Sift together the flour, soda, baking powder, salt, and spices; set aside. Beat together the sugar and oil. Gradually beat in the eggs and then the flour mixture. Stir in the carrots, lemon peel, nuts and raisins. Oil a bundt pan. Pour in the batter, tap on the counter to release any air bubbles, and bake in a preheated 350° oven for 50-60 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool on a rack for 15 minutes. Invert and remove from the pan. Cool and frost with cream cheese frosting.

Cream Cheese Frosting

Makes 2½-3 cups

- 8 oz. cream cheese
- 6 T. soft sweet butter
- 1 t. vanilla extract
- 2-2½ c. confectioner's sugar

Combine ingredients and beat until smooth and creamy. Makes enough to frost one bundt-size carrot cake.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Casual Dining

"Prairie Visitors - Pheasants and Dark-eyed Juncos"

Dean Biechler observes and illustrates wildlife near his home in rural Ames. This line drawing, also used on the cover of the cookbook, is an example of the many drawings which reflect his deep interest in the wildlife of Iowa. Combining his interests in veterinary medicine and art, Dean joined the Iowa State University College of Veterinary Medicine as its Medical Illustrator. He also teaches a course in biological illustration.

Dinner on the Patio

— Neala L. Benson —

* Cool as a Cucumber Soup *

* Grilled Flank Steak *

Stir-fry Broccoli

* Jen's Sesame Salad *

* Savory Potatoes *

Bread Sticks

* Mississippi Mud Pie *

Coffee

This is a good dinner to serve when you are entertaining after a busy day. Everything except the broccoli is prepared ahead of time. The broccoli can be stir-fried and the salad tossed while the potato casserole is in the microwave. So you can spend more time with your guests!

Cool as a Cucumber Soup

Serves 6

3 medium cucumbers
1/2 c. chopped onion
2 bay leaves
1 T. flour
3 c. chicken broth
1 t. salt
1 c. light cream
2 T. lemon juice
1/4 t. dried dill weed
sour cream

Slice two cucumbers. Cook in butter with onion and bay leaves until cucumbers are tender but not brown. Blend in flour, add broth and salt and simmer, covered, 20-30 minutes. Remove bay leaves. Whirl mixture in blender and chill several hours. Scoop out and discard seeds of 3rd cucumber. Grate and mix with cream, lemon juice and dill. Before serving, skim any fat from chilled mixture. Add grated cucumber mixture. Serve in chilled cups with dollop of sour cream and sprinkling of dill.

Savory Potatoes

Serves 6

1½ c. water
1/2 t. salt
2 T. margarine
1/2 c. milk
1½ c. potato flakes
1/2 c. sour cream
1/2 t. onion salt
2 T. chopped chives
1 egg
shredded cheese

Combine water, salt and margarine in 1½ qt. glass casserole. Cover with plastic wrap and microwave on high for 4 minutes or until mixture bubbles. Stir in milk and potato flakes. Blend in sour cream, onion salt, chives and egg. Mix well. Sprinkle with cheese and re-cover dish. Microwave on roast for 8 minutes or until hot. Let stand, covered, 3 minutes before serving.

To make ahead: Mix all ingredients, cover and refrigerate. Microwave on roast 12 minutes or until hot. Let stand 3 minutes before serving.

Grilled Flank Steak

Serves 6

2 flank steaks
3/4 c. oil
1/4 c. soy sauce
1/4 c. honey
2 T. vinegar
2 T. sliced green onion
1 clove garlic, minced
1½ t. ground ginger

Marinate in plastic bag in refrigerator 24-48 hours, turning often. Grill and slice diagonally to serve.

Jen's Sesame Salad

Serves 6-8

Salad:
  1 head lettuce
  6 T. sesame seeds
  6 T. slivered almonds
  10 green onions, chopped

Dressing:
  4 T. sugar
  2 t. salt
  1 t. pepper
  6 T. vinegar
  1/2 c. oil

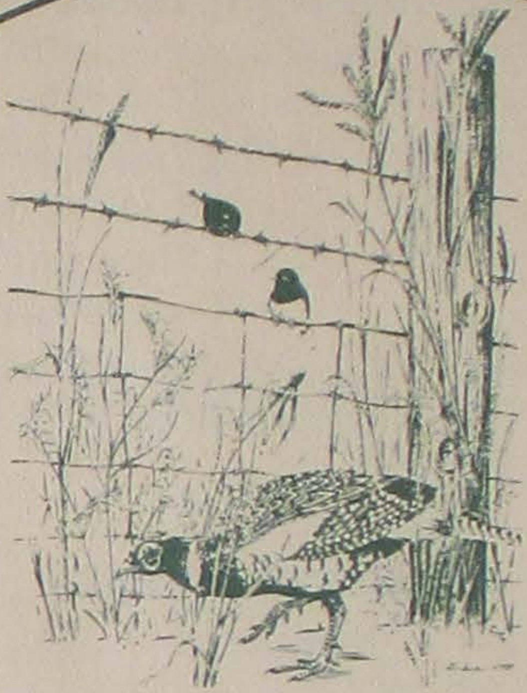
Tear lettuce leaves. Toast sesame seeds and almonds in pan with small amount of cooking oil. Cool and add to lettuce and onions. Cover and refrigerate. For dressing, mix together sugar, salt, pepper and vinegar. Add oil. Shake well and refrigerate. Just before serving, shake dressing well, pour over salad and toss.

Mississippi Mud Pie

Serves 6-8

22 chocolate sandwich cookies, rolled fine
6 T. melted margarine
1 qt. chocolate ice cream
2 T. instant coffee
2 T. brandy
2 T. kahlua
1 c. heavy cream, whipped

Mix cookie crumbs and margarine. Press into 9-inch pie plate. Freeze. Whip softened ice cream with instant coffe, brandy and kahlua. Fold in 4 T. whipped cream. Pour into frozen crust. Freeze pie. Freeze remaining whipped cream in dollops on waxed paper on cookie sheet. To serve pie, cut pieces with hot knife. Add dollop of cream (thaw several minutes) and cherry on each slice.



St. Patrick's Day Supper

— Toni Whitman —

* Corned Beef and Vegetables *

* Irish Soda Bread *

* Irish Whiskey Trifle *

Coffee

This supper was started as an excuse to have corned beef and cabbage, and since has become a tradition. It is an easy dinner to do except for the dessert which does take time. After the plain fare of the boiled meat and vegetables, the trifle adds a more elegant touch. Guinness Extra Stout beer would be an excellent choice for a beverage.

Corned Beef and Vegetables

- corned beef
- potatoes
- cabbage
- carrots
- parsnips
- turnips

Buy the size corned beef according to the number of people to be served. Boil according to the instructions on the package. I do this the day ahead. Then slice it when cooked. Just before serving, cook the vegetables in the juices from the corned beef while the beef is reheating in the oven.

Irish Soda Bread

2 loaves

- 3 c. unbleached flour
- 1 c. whole wheat flour
- 3 t. baking powder
- 1 t. soda
- 1/4 c. sugar
- 1¼ t. caraway seed
- 2 c. currants
- 1/4 c. butter
- 1 egg
- 1¾ c. buttermilk

Combine flour, baking powder, soda, sugar and caraway seeds. Cut in butter with a pastry blender. Mix egg and buttermilk together. Add currants and egg and buttermilk to flour mixture. Stir until blended. Turn out on floured board and knead briefly until fairly smooth. Divide in half and shape into a round loaf. Place in 8" cake pans. Cut a cross on top of the loaves. Bake at 375° for 35-40 minutes.

Irish Whiskey Trifle

Serves 8-10

3/4 c. cold, strong black coffee
1½ T. unflavored gelatin
6 egg yolks
1 c. sugar
2 t. cornstarch
1½ c. boiling milk
6 egg whites at room temperature
1/4 t. cream of tartar
pinch of salt
1 T. sugar
1/2 c. whipping cream
3 T. Irish whiskey
4 slices pound cake
1/2 cup Irish whiskey
1/2 c. slivered almonds

Put coffee and gelatin in small saucepan. Beat egg yolks and 1 cup sugar until thick and pale yellow. Beat in cornstarch and add milk in a thin stream with the beater at low speed. Put in pan and cook over moderate heat until mixture thickens and coats the spoon lightly—165° on a candy thermometer. Remove from heat. Stir the coffee and gelatin over low heat until the gelatin melts. Add to hot yolk and milk mixture. Put into large mixing bowl. With clean beaters, beat the egg whites slowly until foamy. Add the cream of tartar and salt. Increase speed to fast and beat until soft peaks form. Add the tablespoon sugar. Beat until stiff. Fold into the yolk and milk mixture with a rubber spatula. Set the bowl into a larger bowl containing ice cubes. Continue to fold until mixture cools and starts to set. Folding must be continuous to prevent separation. Beat cream lightly until it retains a soft shape. Cream must not be stiff. Fold into mixture. Fold in 3 T. whiskey. Cube the pound cake slices and put in bottom of a trifle bowl. Pour the 1/2 c. Irish whiskey over the cake. Sprinkle with almonds. Pour in the trifle mixture. Refrigerate at least 4 hours, preferably overnight. If desired, sprinkle with additional almonds or decorate with stiffly beaten whipped cream.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Easy Enough for the Guys To Do!

— John Shierholz —

* Barbecued Lemon Chicken *

* Al's Mandarin Orange Salad *

* Party Potatoes *

* Herbed Spinach Bake *

* Fresh Strawberry Pie *

Our kids really like the barbecued lemon chicken. The mandarin orange salad always recalls pleasant memories of Al Stoll's culinary efforts in Canada. The strawberry gelatin keeps the strawberry pie from being runny.

Barbecued Lemon Chicken

Serves 8

2 chickens, 6 lbs., cut up
1/2 lb. margarine, melted
1 c. lemon juice
1/4 c. worcestershire
poultry seasoning
Adolph's Natural tenderizer
black pepper

Mix melted margarine, lemon juice and worcestershire to use as a basting sauce. Sprinkle chicken with poultry seasoning, Adolph's and pepper. Barbecue chicken over medium charcoal or gas heat until done (about 45 minutes). Baste chicken frequently during barbecuing.

Al's Mandarin Orange Salad

Serves 8

1-16 oz. can Mandarin orange segments
2-3 oz. pkgs. orange gelatin

Prepare gelatin as indicated on package using syrup from Mandarin orange segments in place of cold water. Add orange segments to gelatin and chill. Serve on a lettuce leaf.

Party Potatoes

Serves 8-10

8-10 potatoes, cooked, mashed
1-8 oz. pkg. cream cheese, softened
8 oz. sour cream
1 stick margarine, softened
garlic salt, chopped chives to taste

Combine all ingredients in casserole; mix well. Bake at 350° until brown (20-25 minutes). May be assembled a day ahead of time and cooking time increased slightly.

Herbed Spinach Bake

Serves 8

10 oz. pkg. frozen spinach, cooked and drained
1 c. cooked rice
1 c. shredded sharp cheddar cheese
2 eggs, slightly beaten
2 T. butter
1/3 c. milk
2 T. chopped onion
1/2 T. worcestershire
1 t. salt
1/4 t. rosemary

Combine ingredients and pour into 10" x 6" x 1½" casserole. Bake at 350° 20-25 minutes (until knife comes out clean).

Fresh Strawberry Pie

Serves 8

1 qt. fresh strawberries
1½ c. sugar
1½ c. water
1/4 c. cornstarch
3 drops red food coloring
3 oz. pkg. strawberry gelatin
graham cracker pie crust, baked (may use regular pie crust)
3 oz. cream cheese, softened

Combine sugar, water, cornstarch and salt. Cook until clear. Remove from heat. Add red food coloring and gelatin. Stir well. Allow to cool. Spread softened cream cheese over baked pie shell. Place strawberries in pie shell and pour sauce over them. Chill and top with sweetened whipped cream before serving.

A Garden Goodbye

— Mary Ketelsen and Sandy Horton —

Fresh Gulf Shrimp with Seafood Sauce

* Flank Steak Teriyaki *

* Ruth's Carrot Salad *

* New Caesar Salad *

* Guacamole Salad *

Fresh Fruit in Watermelon Boat

* Hot Cheese Bread *

* Pineapple Layer Cake *

Rosé Wine

On this July evening it was time to gather and bid farewell to good friends as they moved from Ames. Tiki torches lined the back yard and our guests dined at tables set with multi-colored fiesta table cloths and bandana napkins. From appetizer to dessert the garden setting made the good-byes easier.

Flank Steak Teriyaki

Serves 6-8

2 - 1 lb. flank steaks
1/2 c. vegetable oil
1/4 c. teriyaki sauce
1 T. minced onion
3 T. honey
1/2 t. garlic powder
1/2 t. ground ginger

Prick both sides of flank steak with sharp fork and place in a shallow dish. Mix remaining ingredients and pour over meat. Marinate 24 hours in the refrigerator and turn occasionally. Grill over hot coals 5 minutes per side to medium rare (it may take longer on a gas grill). Slice across grain into thin slices.

Ruth's Carrot Salad

5 c. sliced carrots or 1 large bag, frozen
1 medium onion
1 small green pepper
10½ oz. can tomato soup
1/2 c. salad oil
1 c. sugar
3/4 c. vinegar
1 t. prepared mustard
1 t. worcestershire sauce
1 t. salt
pepper to taste

Cook, drain and cool carrots. Slice onion and green pepper very thin. Mix remaining ingredients well, add vegetables and marinate at least 12 hours. This salad will keep for weeks in the refrigerator.

Guacamole Salad

Serves 8

6 slices bacon
3 T. vegetable oil
1 T. vinegar
1/2 t. salt
1/8 t. pepper
3 drops tabasco sauce
2 medium avocados, cut in wedges
2 medium tomatoes, cut in wedges
green onions, chopped
salad greens

Cook bacon to crisp, crumble and set aside. Mix oil, vinegar, salt, pepper and tabasco and set aside. Line a salad bowl with greens and arrange avocados, tomatoes, crumbled bacon and chopped green onions. Pour dressing over salad mixture and refrigerate 2 hours before serving.

New Caesar Salad

Dressing:
- 1 c. vegetable oil
- 1/2 c. white wine vinegar
- 1/2 c. sugar
- 1 t. salt
- 1 egg white
- 1 medium onion
- paprika

Salad ingredients:
- 2 types of lettuce
- avocado wedges
- green onions, chopped
- herbed croutons
- blue cheese, crumbled
- bacon bits
- fresh sliced mushrooms

Chop medium onion and mix thoroughly with oil, vinegar, sugar, salt and egg white. Add a dash of paprika and refrigerate a few hours. Shake and pour over salad ingredients.

Hot Cheese Bread

1 c. butter (soft)
1 c. mayonnaise
1 c. grated Swiss cheese
2-3 loaves French bread
1/2 c. grated parmesan cheese
1/2 c. chopped green onions
2 T. worcestershire sauce

Mix all ingredients except bread thoroughly and chill. Slice French bread into individual slices and spread with cheese mixture. Broil 5 minutes—serve and enjoy.

Pineapple Layer Cake

1 yellow Jiffy cake mix
8 oz. pkg. cream cheese
2 c. milk
small pkg. instant vanilla pudding
20 oz. can crushed pineapple
9 oz. container Cool Whip

1st Layer: Mix and bake Jiffy cake according to direction in 9 x 13 pan. Cool. Note: This will be a thin layer of cake.

2nd Layer: Slowly add milk to softened cream cheese, add instant pudding and beat 2 minutes. Spread mixture on cooled cake.

3rd Layer: Spread drained crushed pineapple on pudding mixture.

4th Layer: Spread Cool Whip over pineapple.

Refrigerate for 3 or 4 hours or overnight.

An Orr-Right Favorite

— Romie Orr —

* Smokey Dip *
served with Fresh Vegetables

* Bacon-wrapped Bread Sticks *

Tossed Salad with Italian Dressing

* Barbecued Brisket *

* Scalloped Potatoes *

* Sweet-Sour Green Beans *

Hot Garlic-Buttered French Bread

* Fresh Fruit with Chocolate Fondue *

I've served this menu for sit-down or buffet, to family on rare "everyone home" celebrations, and to friends invited ahead or who arrive for a surprise drop-in visit. It is my favorite because I can spend time with guests instead of in my kitchen.

Smokey Dip

large pkg. cream cheese
1/4 c. Del Monte chili sauce
1 T. smoke sauce
1 T. worcestershire sauce
1 T. lemon juice

Beat until smooth. Serve immediately or chill and serve. Best when made ahead. Keeps in refrigerator for two weeks.

Bacon-Wrapped Bread Sticks

Serves 8

1 lb. lean bacon
1 pkg. plain bread sticks

Cut each bacon strip into 2 lengthwise strips. Wrap bacon around breadsticks. Place 10-12 on microwave platter (with ridges so grease will drain) and cover with wax paper. Cook on high for 30 second intervals until bacon is cooked. (Depending on thickness of bacon and breadsticks, turning them over every 30 seconds may be advisable.)

Barbecued Brisket

Serves 8

4 lb. lean (trimmed) fresh brisket
1 small bottle Brooks catsup
1 T. smoke sauce
1 T. worcestershire sauce
1 c. drippings from meat

Bake brisket in 300° oven for 3 hours, cool to room temperature. Chill (if you have time) to make thin slicing possible. Arrange slices in serving dish. Combine drippings and seasonings with catsup. Spoon sauce over meat (especially between slices). Can be frozen now or if left over. Heat thoroughly to serve; heat extra sauce to pass.

Scalloped Potatoes

Serves 8

5 lb. potatoes
2 c. milk
8 T. flour
2 T. light salt
2 T. pepper

Clean potatoes, leaving skins intact. Slice thin (under 1/8") and place in large casserole. Combine dry ingredients and toss with potatoes. Add milk. Cook covered in microwave on high for 15 minutes. May be stirred halfway through cooking. (Some potatoes require longer cooking.)

Sweet-Sour Green Beans

Serves 8

4 cans Del Monte Cut Green Beans
  or equivalent in fresh beans
4 slices bacon
1 small white onion
4 T. sugar
4 T. vinegar

Sauté cut-up bacon in heavy skillet with separated slices of onion (rings). Drain liquid from 2 cans of beans into skillet and simmer on stove. Add sugar and vinegar and continue simmering for ten minutes. Add all beans and simmer on low at least 2 hours. Tastes even better the next day if you have any left.

Fresh Fruit with Chocolate Fondue

Serves 8

3 lb. chocolate
2 c. white wine
1/2 c. Kirsch
3 nectarines
3 firm apples
2 lb. seedless grapes
3 pears
1 pineapple
1 lb. strawberries
1 honeydew melon
1 firm cantelope
4 firm bananas

Warm wine in saucepan. Cut up chocolate and place in wine to melt, stirring frequently. Just before serving, slowly spoon Kirsch into chocolate. Cut all fruit into bite size spears and arrange on platter. Sprinkle extra Kirsch onto bananas to prevent browning. Transfer hot chocolate to serving bowl (warmed) and place on warming base or candle warmer. Individual chocolate sauce dishes may be used.

Summertime Supper

— Mary Kitchell —

* Gazpacho *

* Ham, Turkey and Cheese Salad *

* Hidden Valley Dip *
served with crudites

French Bread

* Creme Fraiche *
with assorted fruits in season

* Strawberry Sherbet *

* Punch-Down Cookies *

Lemonade, Iced Tea, Assorted Beers
and your favorite jug wine

This buffet can be expanded to serve large numbers. My favorite style of entertaining is very casual. I enjoy buffets so that guests can choose as much or as little as they like. Table settings for this supper included straw place mats with bright pink bandanas for napkins. Large baskets of pink geraniums served as a centerpiece. All the food can be made hours in advance of the meal and simply served when people are hungry.

Gazpacho

Serves 4-6

4 large ripe tomatoes
2½ cucumbers
1 large green pepper
10-12 scallions
1-2 cloves garlic
salt
1/4 c. red wine vinegar
1/3 c. olive oil
3 c. tomato juice
1-1½ c. beef broth or water
hot pepper sauce
worcestershire sauce
freshly ground pepper
croutons
fresh basil

Peel, seed and dice to 1/4″ the tomatoes, and 2 of the cucumbers. Wash and trim pepper and scallions and dice to 1/4″. Mash garlic and 1 t. salt. Beat in vinegar, oil and fresh basil. Combine this dressing with the chopped vegetables and stir in the tomato juice. Add broth or water to the consistency you prefer. Season with a dash of hot pepper sauce, worcestershire sauce, salt and pepper. Chill. Slice 1/2 cucumber paper thin. Serve gazpacho in chilled bowls topped with cucumber slices and croutons on the side.

Ham, Turkey and Cheese Salad

Serves 4-6

1 c. chopped boiled ham
2 c. chopped cooked turkey or chicken
1 c. gruyere cheese
1 c. chopped celery
1/3 c. chopped scallions
1/2 c. chopped parsley
1 head butter lettuce

Vinaigrette:
- 6 T. olive oil
- 2 T. white wine vinegar
- 1/2 t. tarragon

Combine ham, turkey, cheese, celery and scallions. Combine vinaigrette ingredients. Gently stir parsley and vinaigrette into first mixture. Serve chilled on a bed of lettuce leaves.

Can be made ahead. This is a great way to use left over turkey, chicken or ham. The relative proportion of each ingredient can be altered to reflect individual food preferences. This dish also transports well for picnics.

Hidden Valley Dip for Crudites

Serves any number

Raw crudites:
- broccoli
- endive
- scallions
- snow peas
- zucchini
- cauliflower
- turnip spears
- carrots
- celery

Dip:
- 8 oz. pkg. cream cheese
- 2 T. milk
- 1 pkg. Hidden Valley Ranch salad dressing mix

Use only the freshest and most crisp vegetables. They can be cleaned and refrigerated in advance.

For the dip: Soften cream cheese with milk, whipping with an electric mixer. Add dressing mix. Chill.

Strawberry Sherbet

Serves 4-6

2 pkgs. frozen strawberries	1/4 - 1/3 c. orange liqueur (optional)
1 egg white, beaten	

Partially thaw berries and place in a blender with the liqueur. Blend, then pour into a metal pan. Whisk in egg white. Cover and freeze for about 2 hours. Whisk through partially frozen fruit to break up ice crystals. Freeze 4 more hours.

Creme Fraiche

1 c. heavy cream	1 c. sour cream

Whisk heavy cream and sour cream together in a bowl. Cover loosely with plastic wrap and let stand in the kitchen overnight. Cover and refrigerate for at least 4 hours. Will keep in refrigerator for 2 weeks.

Punch-Down Cookies

Makes 2 dozen

1 c. margarine	Frosting:
6 T. sugar	1/2 c. margarine
2 c. flour	6 oz. semi-sweet chocolate chips
1 T. vanilla	

Cream margarine and sugar. Add flour and then vanilla. If the consistency of the batter seems greasy, add more flour. Form into 1-1½" diameter balls and place on a cookie sheet. Make a thumb print in each ball. Bake at 350° for 12 minutes.

For frosting: Melt together margarine and chocolate. Allow it to cool and harden until it reaches the consistency of soft fudge. When cookies are cooled, place a generous amount of frosting in the thumb print.

Fall Football Frolic

— Sally H. Jones —

* Autumn Stew *

* Tossed Fruit Salad *

* Sweet Corn Bread *

* Caramel-Pecan Ice Cream Surprise *

Cold Cider, Beer, Coffee

Come celebrate the Cyclone victory with this "do-ahead" fall menu. It's so easy to enjoy the football game knowing my stew will be piping hot when we return for the festivities.

Autumn Stew

Serves 6-8

2 lbs. sirloin tip, cubed
2 c. chopped celery
2 c. chopped carrots
2 c. quartered potatoes
1 c. green peas
1 c. cut green beans
1 onion, chopped
fresh mushrooms, sliced
1 slice broken bread
4 T. tapioca
2 c. beef broth
1 scooped out pumpkin (optional)

Set oven at 250°. Place all ingredients in covered casserole. Cook covered for 5 hours. Stir occasionally. Serve in scooped out pumpkin.

Tossed Fruit Salad

Serves 8

Dressing:
  1 c. safflower oil
  1/3 c. vinegar
  1/4 c. sugar
  1 T. poppy seed
  1 t. dry mustard
  1 t. salt
2 heads of lettuce or use fresh spinach or a combination of both
1 pint fresh strawberries (in season)
2 oranges
2 avocados

Combine dressing ingredients in blender and mix until thick. Chill. Toss with remaining ingredients.

Sweet Corn Bread

Serves 6

3/4 c. sugar
1/2 c. salad oil
2 eggs, beaten
3/4 c. white flour
3/4 c. whole wheat flour
3 t. baking powder
1/8 t. salt
1½ c. yellow corn meal
1 c. milk

Blend sugar and salad oil. Mix in eggs. Sift flour with baking powder and salt; add corn meal. Blend dry ingredients with the creamed mixture alternately with milk. Pour into a greased, floured 9" round pan. Bake at 400° for 30 minutes. Test for doneness.

Note: May reduce sugar to 1/2 c.

Caramel-Pecan Ice Cream Surprise

Serves 15-18

Crumbs:
  1/2 c. melted butter
  1 c. flour
  1/4 c. oatmeal
  1/4 c. brown sugar
  1/2 c. chopped pecans
12 oz. jar caramel sauce
1/2 gallon butter pecan ice cream (or similar type)

Crumbs: Mix dry ingredients and add butter. Bake at 400° for 8 minutes. Stir. Bake 8 minutes more. Store and cool.

In lightly greased 9" x 13" pan, layer: 1/2 crumbs, 1/2 sauce, all of ice cream, rest of caramel sauce, rest of crumbs. Freeze. Cut in squares when serving.

Buffet with a French Flavor

— Margaret J. Junkhan —

* Daube de Boeuf *
with rice or noodles

* Mixed Fruit Bowl *

* Roquefort Dressing *
served with salad greens

* French Bread *

* Mousse au Chocolat *

The Daube de Boeuf is a recipe that is my own adaptation of several classic French dishes. It works very well when you want to serve something that doesn't require a knife. It also freezes well for future family meals.

Daube de Boeuf (Braised Beef)

Serves 10

4-5 lbs. beef rump, round or chuck
oil for browning meat
2 onions, quartered
2-3 carrots, sliced
2 cloves garlic
1/4 c. tomato paste
1/2 bottle dry red wine
2 c. beef stock

bouquet garni (place in tea ball for ease in removing later):
- thyme, bay leaf, parsley
- cloves
- piece of orange peel

salt and pepper
3 T. cornstarch (mix with a little water)

Optional: sauteéd mushrooms, shot of brandy

Cut the meat into chunks about 2 inches square. Brown them in the hot oil. Do not try to brown too many pieces at a time. Add onions and carrots and brown lightly. Add remaining ingredients, bring to boil, and simmer 2-2½ hours until meat is tender. Remove bouquet garni. Thicken sauce with cornstarch. Add mushrooms and brandy if using them. Amounts of onion, carrot and garlic may be varied according to taste. Serve over rice or buttered noodles.

Roquefort Dressing served over Salad Greens

Serves 6-8

Dressing:
1/2 t. salt
2 t. mustard (French style)
2 T. white wine vinegar
pepper to taste

1/4 c. olive or salad oil
1 t. grated horseradish
1/4 c. Roquefort cheese, crumbled
2 T. cream - sweet or sour

Mix salt, mustard and vinegar together. Add oil, pepper, horseradish, cheese and cream. Stir or shake well. Serve over torn salad greens.

French Bread

For 2 loaves:	For 8 loaves:
1 c. warm water (105°)	1 qt. warm water (105°)
2 t. sugar	2 T. sugar
1½ t. salt	2 T. salt
1 pkg. yeast	2 T. dry yeast
1 T. margarine	4 T. (1/2 stick) margarine
1 egg white (optional)	1 or 2 egg whites (optional)
flour - 3½-4 c. approximately	flour 10-11 c. approximately
1 egg white plus 1 T. water	1 egg white plus 1 T. water

Put water in large mixing bowl reserving 1/4 c. for small recipe or 1/2 c. for large recipe. Add sugar, salt and margarine to bowl. Add yeast to reserved water to soften.

Stir water in large bowl to dissolve sugar and salt and add 1 c. flour for small recipe, 4 c. flour for large. Beat well using electric mixer if you have one. Add yeast mixture and optional egg white. Stir in enough flour to make a stiff, but still moist dough. If making large recipe your bowl will be very full and you may have to turn dough out on a board or counter top to finish working in flour.

Turn out on floured board and knead until smooth and elastic. Place in greased bowl or other container, cover with damp cloth or towel, and let rise until doubled. If making small recipe your large mixing bowl will hold it nicely. For large recipe use a soup pot, clean dishpan or whatever large container you have.

Punch down and divide dough into number of loaves you are making. Roll each piece into a long skinny loaf and place on greased cookie sheet or in special bread pans. Cover with damp cloth and let rise until doubled.

Preheat oven to 425°. Carefully remove damp cloth and using a razor blade or very sharp knife, make 5 or 6 slashes diagonally across loaves. Place pan of hot water in bottom of oven. Brush loaves with remaining egg white beaten with water. Bake 10 minutes, remove loaves and brush again with egg white. Return to oven, reduce heat to 350° and bake 10 more minutes. Again remove and brush with egg white. Bake 20-25 minutes more until done. Total baking time: 40-45 minutes. Remove bread from pans and cool on rack.

Mixed Fruit Bowl

apples, pears, bananas,
pineapple, cherries, apricots,
grapes, plums, peaches, melon, etc.
orange juice
lemon juice
sugar
Liqueur: kirsch, rum
cointreau or framboise

Prepare the fruits, choosing fresh when possible. Coat fruit well with orange juice, then use lemon and sugar to taste. Sprinkle with liqueur of your choice. Chill before serving.

Mousse au Chocolat

Serves 8

6 oz. pkg. chocolate chips *or*
6 oz. semi-sweet chocolate
pinch of salt
2 T. water
4 eggs
1 T. cointreau or other orange
liqueur *or* 2 t. vanilla
1/2 c. whipping cream

Put chocolate, salt and 2 T. water in top of double boiler and melt over barely warm water. Put egg yolks in bowl and beat until light and lemon colored. Beat in melted chocolate and liqueur or vanilla. Using a clean beater, beat egg whites until stiff but still moist. Fold into chocolate mixture. Whip cream and fold into mixture. Put the mousse into a large serving dish or individual sherbet dishes. Chill for several hours. Serve as is or, if you wish to be fancy, garnish it with whipped cream or candied fruit such as orange peel, etc. Servings should be small as this is so rich.

A Basketful of Favorites

— Deborah J. Miller —

* Foolproof Chicken *

* Medley of Vegetables *

* Cool Creamy Fruit Salad *

* Oatmeal Muffins *

* Raspberry-Rhubarb Pie *

A series of meals for a neighbor occur in our neighborhood when there is new baby, sickness or a special occasion. This is my basket full of favorites I like to take to my neighbors.

Foolproof Chicken

Serves 4

1 can cream of celery soup
1 can cream of mushroom soup
1/2 pkg. onion soup mix
1 soup can dry white wine
1 c. wild rice (well washed)
3-4 chicken breasts, boned, split

Mix soups, wine and rice. Let stand several hours. Arrange chicken breasts on top of rice mixture (in a 9" x 13" glass dish). Cover with aluminum foil and bake at 350° for 1½ hours. Uncover and bake 1/2 hour more to brown chicken. Put glass dish in a wicker 9 x 13 basket to transport.

Note: Can substitute milk for the wine. Can also substitute white, brown, or mixture of rices for the wild rice. Whole chicken (cut up) and pork chops substitute for the chicken breasts. Also can omit the several hours standing time for rice, soups and wine.

Medley of Vegetables

Serves 4-8

1½ c. sliced onions
2 c. (2") celery strips
1½ c. carrot sticks
2 c. fresh green beans
1/8 t. pepper
1 T. sugar
3 T. minute tapioca
3/4 c. green pepper strips
2 c. tomatoes (canned or fresh)
4 T. butter
2½ t. salt

Combine all ingredients and cook in the crockpot 2 hours on high or 3 hours on low. Or put in a covered casserole dish in a 350° oven for 1 hour. The vegetables will be tender-crisp. I have substituted fresh cauliflower for the green beans. Also have added fresh broccoli flowerettes.

Cool Creamy Fruit Salad

Serves 4-6

2 c. peach slices
2 c. blueberries
2 c. strawberry slices
2 c. green grapes
2 T. chopped nuts (optional)
8 oz. pkg. cream cheese (softened)
2 T. lemon juice
1 t. grated lemon rind
1/2 c. whipping cream
1/4 c. powdered sugar

Layer fruit in a 2½ qt. bowl (souffle dish or English trifle dish work best). Combine softened cream cheese, juice and rind, mixing until well blended. Beat whipping cream until soft peaks form; gradually add sugar, beating until stiff peaks form. Fold cream cheese mixture into whipped cream mixture. Spoon over the layers of fruit and chill. Sprinkle with nuts.

Note: Other fresh fruits could be substituted.

Oatmeal Muffins

Makes 12 muffins

1 egg
1 c. buttermilk
1/2 c. brown sugar
1/3 c. shortening (oil or solid)
1 c. quick-cooking oats
1 c. all-purpose flour
1 t. baking powder
1 t. salt
1/2 t. soda

Heat oven to 400°. Grease bottoms of 12 muffin cups. Beat egg; stir in buttermilk, brown sugar and shortening. Mix in remaining ingredients just until flour is moistened. Batter should be lumpy. Fill muffin cups 2/3 full and bake 20-25 minutes.

Raspberry-Rhubarb Pie

Serves 6-8

10 oz. pkg. frozen raspberries,
thawed, drained
1-1/3 c. sugar
3 T. tapioca
1 T. flour
pinch of salt
3 c. rhubarb
1/2 t. lemon juice
1/8 t. almond extract
1 T. butter

Mix sugar, tapioca, flour and salt. Add to berries and let set for 15 minutes. Add rhubarb and set for 5 minutes. Add the remaining ingredients. Put into your favorite 9" pie crust with a lattice top. Bake at 425° for 10 minutes and 375° 30 minutes more.

Note: If using frozen rhubarb, thaw, then drain off juice.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

A Summer Night Supper

— The Holtz's, Jons', Pasley's and Walter's —

* Sangria Blanca *

* Marinated Mushrooms *

* Seafarer's Delight *

* Cold Cucumber and Spinach Soup *

* Molded Gazpacho Salad with Avocado Dressing *

* Chicken in Sour Cream *

* Almond Noodles *

* Brandied Green Grapes *

Cheese Plate

For a change of pace we planned a casual summer night supper for our gourmet group. We served it picnic style with a plastic tablecloth and colorful acrylic plates. A picnic basket with bread, fruit and wine became our centerpiece. Everything was served cold except for one dish, so there was very little last minute preparation. Omit this one hot dish and this gourmet picnic could be served anywhere. We served a Chardonnay wine with this meal.

Sangria Blanca

Serves 4-6

3½ c. dry white wine, chilled
1/2 c. Cointreau
1/4 c. sugar
ice cubes
10 oz. bottle club soda, chilled
1 orange, sliced
1 lemon, sliced
2 limes, cut in wedges

Combine wine, Cointreau and sugar until well blended in glass pitcher. When ready to serve, stir in ice and club soda. Add fruit and serve.

Marinated Mushrooms

Makes 1½ cups

25-30 fresh mushrooms
1 hard cooked egg yolk, mashed
1/3 c. malt vinegar
1/2 c. vegetable oil
salt and pepper to taste
2 t. chopped parsley
1 t. prepared mustard
1 T. brown sugar

Mix together all ingredients except mushrooms. Bring to a boil and add mushrooms. Cook 5-6 minutes. Refrigerate and marinate several hours or overnight. Serve with toothpicks.

Seafarer's Delight

Makes 2 cups

1/2 c. green pepper, finely chopped
1/2 c. green onion, minced
2-5 oz. jars very sharp cheddar cheese spread
7 oz. can minced clams, drained
4-6 dashes tabasco sauce
garlic salt to taste

Combine all ingredients in 1½ quart casserole. Heat uncovered until cheese melts. Stir often. This could be done in oven at 375° or in a microwave oven. This may be served hot with corn chips or chilled as a spread with crackers.

Cold Cucumber and Spinach Soup

Serves 8

3/4 c. sliced green onions
2 T. butter
4 c. diced cucumbers
3 c. chicken broth
1 c. chopped fresh spinach
1/2 c. sliced, peeled potatoes
1/2 t. salt
1 T. lemon juice
1 c. light cream
pepper to taste

In a saucepan, sauté green onions in butter until they are softened. Add cucumbers, chicken broth, spinach, potatoes, salt, lemon juice and pepper. Simmer uncovered until the potatoes are tender. Transfer the mixture to a blender in batches and puree. Transfer puree to a bowl and stir in the light cream. Let soup cool and chill for several hours or overnight. Garnish each serving with thin slices of radishes and/or green onions.

Almond Noodles

Serves 4

8 oz. fettuccine noodles, cooked
6 T. butter
2 t. olive oil
1/2 c. cream
1 clove garlic, minced
1/2 c. finley chopped parsley
pepper to taste
1/4 c. toasted sesame seeds
1/2 c. slivered almonds, toasted
1/2 c. grated Romano cheese

Cook noodles according to package directions. Melt butter and oil for one minute in the microwave oven. Add cream, garlic and parsley and cook one minute. Combine butter mixture with noodles and stir to blend. Season with pepper to taste. Add sesame seeds, almonds and cheese and toss well so that cheese is well distributed throughout noodles. Return mixture to microwave oven for 1-2 minutes until thoroughly heated.

Chicken in Sour Cream

Makes 4-6 servings

2 c. sour cream
1/4 c. fresh lemon juice
1 T. worcestershire sauce
2 t. celery salt
2 t. paprika
1 clove garlic, pressed
2 t. pepper
3 chicken breasts, split, skinned
1 c. bread crumbs
1/2 c. butter, melted

Combine sour cream, lemon juice, worcestershire sauce, celery salt, paprika, garlic and pepper in a large, deep bowl. Add chicken pieces and coat well. Cover, and allow to marinate in the refrigerator overnight. When ready to cook, remove pieces of chicken from the sauce and roll in crumbs. Arrange in a large baking dish and sprinkle with melted butter. Bake, uncovered at 350° for 45 minutes or until done. This is excellent served cold for picnics.

Molded Gazpacho Salad with Avocado Dressing

Serves 6-8

Salad:
- 2 envelopes unflavored gelatin
- 3 c. tomato juice
- 1/3 c. red wine vinegar
- 1 t. salt
- dash of tabasco sauce
- 2 small tomatoes, peeled, diced
- 1 med. cucumber, peeled, diced
- 1/2 c. diced green pepper
- 1/4 c. chopped green onion
- 1 T. chopped chives
- 1/4 c. chopped celery

Dressing:
- 1 ripe avocado
- 1 T. lemon juice
- 1/2 c. light cream
- 1/2 c. sour cream
- 1 clove garlic, minced
- 1/8 t. sugar
- 1½ t. salt
- 1 T. grated onion
- dash of cayenne pepper

Salad directions: Sprinkle gelatin over tomato juice and stir over low heat until dissolved. Remove from heat and add vinegar, salt and tabasco sauce. Stir. Chill until partially set. Add vegetables and stir. Pour into a 1½ quart mold or 8 individual molds. Chill. Serve with avocado dressing.

Dressing directions: Peel and mash avocado with lemon juice. Stir light cream into sour cream. Add seasonings. Stir in avocado and chill.

Brandied Green Grapes

Serves 4-6

2 t. lemon juice
1/4 c. honey
2 T. Cognac or Drambuie
1 lb. green seedless grapes
1/2 c. sour cream
brown sugar to taste

Mix lemon juice, honey and Cognac. Pour over grapes. Let stand overnight in the refrigerator. Four hours before serving, pour the sour cream over the grape mixture and sprinkle with brown sugar. Return to refrigerator until ready to serve. Serve in champagne glasses. Serve the grapes with a plate of dessert cheeses and champagne.

The Iowa Advantage

— Ruth A. Harris —

* Oahu Frappe *

* Marinated Iowa Chops *

* Cheesy Party Potatoes *

Fresh Asparagus with Hollandaise Sauce

Relish Tray

* Wheat Germ Bread *

* Lemon Angel Torte *

Oahu Frappe

Serves 8-10

1/2 c. sugar
3/4 c. water
3/4 c. orange juice
12 oz. can pineapple juice

Put the first 2 ingredients in a pan and bring to boil over medium heat for 5 minutes. Add the juices after boiled syrup has cooled and put in the freezer. When ready to serve, break it up in chunks and stir until mushy. Spoon into sherbets and trim with orange peel. Good with a little rum, gin or vodka added.

Marinade for Steaks or Chops

6 portions

1½ c. salad oil
3/4 c. soy sauce
1/4 c. worcestershire sauce
2 T. dry mustard
2¼ t. salt
1/3 c. fresh lemon juice
1 T. coarse freshly ground pepper
1/2 c. wine vinegar
1½ t. dried parsley flakes
2 crushed garlic cloves

Combine above in a blender and place a large flank steak or Iowa chops (6) in a marinade pan. This can be used over within the week but be sure you keep in refrigerator.

I grill these on a gas grill. The chops take about 45 minutes to get them properly done. A flank steak will take about 3 minutes on each side and should be cut across the grain.

Cheesy Party Potatoes

Serves 12

2 lb. hash browns (frozen)
2 cans potato soup
1 can cheddar cheese soup
16 oz. sour cream
2 T. minced onion
1½ c. cheddar cheese, shredded

Combine the first five ingredients and put in a greased 9″ x 13″ pan and bake at 300° for 1½ hours. The last half hour sprinkle the shredded cheddar cheese on the top and return to bake for the additional 30 minutes.

For a party I stir this up a day ahead and place in the refrigerator ready to bake 2 hours before serving. It is a great make-ahead recipe.

Wheat Germ Bread

Serves 12

1 pkg. dry yeast	1 t. salt
1/2 c. warm water	2 T. salad oil
1 T. sugar	1/2 c. unsweetened wheat germ
2 T. sugar	2 c. flour
1 can skimmed evaporated milk	2 c. flour additional

Combine yeast, 1/2 c. warm water and 1 T. sugar in a cup and set aside until bubbly. Combine 2 T. sugar, milk, salt, salad oil and 2 c. flour and add the yeast mixture. Add the final 2 c. flour. Grease two 1 lb. coffee cans well with shortening and place half the dough in each. Put plastic lids back on cans. When the lids pop off it is ready to bake at 350° for 45 minutes. Let cool in the cans for 10 minutes. Remove and butter the tops. This left over bread is excellent toasted for breakfast and it also reheats well in the microwave.

Lemon Angel Torte

Serves 8

Torte:	Filling:
4 egg whites	4 egg yolks
1/4 t. salt	1 T. grated lemon peel
1/4 t. cream of tartar	3 T. lemon juice
3/4 c. sugar	1/2 c. sugar
	dash of salt
	1 c. whipping cream

Beat 4 egg whites with electric mixer until foamy. Add salt and cream of tartar. Gradually beat in 3/4 c. sugar beating to very stiff peaks, about 7 minutes. Spread in well-buttered 9" pie plate. Place in 450° preheated oven; turn off heat. Let stand in closed oven 5 hours or overnight and be sure not to peek.

Filling: In top of double boiler, beat 4 egg yolks until thick and lemon colored. Gradually beat in 1 T. grated lemon peel and 3 T. lemon juice, 1/2 c. sugar, and dash salt. Stir over boiling water until thick, 8 minutes; cover and cool. Whip 1 c. whipping cream. Spread half the cream in shell. Spoon in filling. Cover filling with additional cream and refrigerate for at least 5 hours.

Feast of the Islands

— Carol L. Good —

* Polynesian Punch *

* Crab Puffs and Chili Sauce *

* Tropical Fruit *

* Charcoal Broiled Island Fish *

* Grilled Ham with Plum Sauce *

* Spinach-Sprout Salad *

* Rice Casserole *

* Island Dream Pie *

Join us on the "Island of Ames" for an evening of fun and good food. While our island may lack the tropical palms and breezes, we have created a festive island atmosphere by dining outside with colorful decorations. Aloha and enjoy!

Polynesian Punch

Serves 8-12

1 c. light brown sugar
1 c. water
2 c. fresh lemon juice
  (11-12 lemons)
1 bottle light rum, chilled
1 pint cognac, chilled
1/4 c. peach brandy
1 qt. water
lemon slices
mint sprigs

Mix brown sugar and 1 c. water in small saucepan. Heat, stirring constantly until sugar is dissolved. Remove from heat; stir in lemon juice. Refrigerate until cold. Pour lemon mixture into chilled bowl. Stir in rum, cognac, peach brandy and 1 qt. water. Garnish with lemon slices and mint leaves.

Crab Puffs

Serves 8

8 oz. cream cheese, softened
7½ oz. can crab meat, drained
2 T. finely chopped green pepper
2 T. soft bread crumbs
2 T. finely chopped celery
1/2 t. salt
2-3 drops red pepper sauce
9 commercial egg roll wrappers,
  cut into quarters
vegetable oil
chili sauce

Beat cream cheese until light and fluffy. Stir in crabmeat, onion, celery, bread crumbs, salt and red pepper sauce. Spoon about 2 t. crab filling onto center of each egg roll wrapper quarter. Moisten edges slightly; bring sides together and pinch to seal. Heat oil (2-3 inches) to 350° in deep fat fryer or kettle. Fry puffs in hot oil until golden brown. Serve with chili sauce. (Recipe follows)

Note: Crab puffs can be prepared in advance. Cool puffs and wrap in aluminum foil. Freeze no longer than 2 weeks. To serve, heat oven to 350°. Heat crab puffs uncovered on baking sheet. Drain on paper toweling.

Chili Sauce

1 c. chili sauce
8 oz. can unsweetened pineapple, crushed and drained
1 T. sweet pickle relish
1 T. chopped onion
1 T. molasses
2 t. prepared mustard

Measure all ingredients into blender container; cover. Blend on medium speed for 1 minute.

Tropical Fruit

Serves 6

3 ripe pineapples
2 pints strawberries, hulled
3 c. cubed cantalope or honey dew
3/4 c. mayonnaise or salad dressing
1½ T. fresh lemon juice
1 T. powdered sugar
1½ c. chilled whipping cream, whipped
1/2 c. cut-up dates
1/3 c. chopped nuts

Cut pineapple lengthwise in half. Remove fruit from pineapple with grapefruit knife, leaving shells intact. Cut fruit into cubes. Mix pineapple, strawberries and melons and rest of ingredients. Spoon mixture into pineapple shells and cover. Refrigerate until serving time.

Charcoal Broiled Fish

Serves 12

dressed whole whitefish (4-5 lbs.) Lake trout or red snapper can be substituted for whitefish
salt
pepper
lime slices
onion slices
3 large bay leaves
1/2 c. butter
1/2 c. sake
2 t. dried basil leaves
Garnish: lime slices, fresh anise

Rub cavity of fish with salt and pepper. Alternate slices of lime and onion in cavity of fish. Place bay leaves on lime and onion slices. Close opening with skewers; lace. Mix butter, sake and basil leaves. Place fish in wire basket on grill 4 inches from medium coals. Cook, turning 3 times and basting with butter mixture until fish flakes easily with a fork (about 45 minutes). Arrange fish on ti leaves on platter. Garnish with lime slices and anise.

Grilled Ham with Plum Sauce

Serves 12

Sauce:
- 2-10 oz. jars plum jelly
- 3/4 c. water
- 2 T. vinegar
- 1/4 c. catsup
- 1/2 t. ground ginger
- 2 T. cornstarch
- 1/4 c. water

1 canned ham (7 lb., cut lengthwise in half

Heat jelly, 3/4 c. water, vinegar, catsup and ginger over medium heat, stirring constantly until jelly is melted. Mix cornstarch and 1/4 c. water; stir into jelly mixture. Heat to boiling, stirring constantly. Boil and stir 2 minutes. Place ham on grill 4 inches from medium coals. Cook, basting frequently with plum sauce, until meat thermometer registers 140°, about 30 minutes (15 minutes each side). Arrange ham on ti leaves on platter. Garnish with parsley. Serve remaining plum sauce with ham.

Rice Casserole

Serves 8-10

1 c. celery
1/2 c. onions
1/4 c. butter
2 c. uncooked regular rice
8 oz. mushrooms
3 c. undiluted consommé

Brown celery, onions in 1/4 c. butter. Add 2 c. uncooked rice. Add 8 oz. mushrooms. Brown well. Add consommé and bake uncovered approximately 3 hours at 325°. This can be prepared a day before and heated before serving.

Spinach-Sprout Salad

Serves 12

1/2 c. olive oil or vegetable oil
1/4 c. red wine vinegar
1/2 t. salt
1/2 t. grated lemon peel
1/4 t. soy sauce
1/2 t. honey
dash pepper
6 c. bite-size pieces of assorted salad greens
6 c. torn spinach
16 oz. can bean sprouts, drained

Shake all ingredients except salad greens and bean sprouts in tightly covered jar. Refrigerate 24 hours. Mix salad greens and bean sprouts in large salad bowl. Pour dressing over salad; toss.

Island Dream Pie

Serves 8

1 c. vanilla wafer crumbs
1/2 c. chopped macadamia nuts
(other nuts can be substituted)
1/2 c. butter or margarine, melted
2 medium bananas, cut up
1/2 c. light rum
1 T. fresh lemon juice
1/4 c. sugar
1 envelope unflavored gelatin
3 egg yolks
2 T. banana liqueur
3 egg whites
1/4 t. cream of tartar
1/4 c. sugar
1 c. whipping cream, whipped
mint sprigs
banana slices

Preheat oven to 350°. Mix wafer crumbs, macadamia nuts and butter. Press mixture firmly against bottom and sides of 9″ pie plate. Bake 10 minutes. Cool. Place bananas, rum and lemon juice in blender; cover. Blend on low speed until smooth. Mix 1/4 c. sugar and gelatin in small saucepan. Beat in egg yolks; stir in 1/2 c. of the rum mixture. Heat, stirring constantly, until thickened. Stir in banana liqueur and remaining rum mixture. Refrigerate until mixture mounds when dropped from spoon. Beat egg whites and cream of tartar until foamy. Beat in 1/4 c. sugar, 1 T. at a time; beat until stiff and glossy (makes a meringue). Fold banana mixture into meringue; fold in whipped cream. Pile into pie shell. Refrigerate until set. Spread with additional whipped cream if desired. Garnish with mint and banana slices. Sprinkle with additional vanilla wafer crumbs if desired.

He Grills a Family Favorite!

— Carol Cox —

* Turkey on the Grill - Cooked by Dave *

* Frosted Strawberry Salad *

* Potato Casserole *
or
* Broccoli and Wild Rice Bake *

* Eight-Minute Cheesecake *

Dave's turkey on the Weber grill always brings "raves"! It's pretty enough for a picture when finished. We find this a good menu to serve when having ISU athletes over. That's when I serve the potato casserole instead of the broccoli and wild rice.

Turkey on the Grill

turkey (select any size that will fit your kettle and allow approximately 1 lb. per person)
peanut oil
salt and pepper
M.S.G.

Use the indirect method of Weber cooking—refer to Weber instruction manual. Select any size turkey and allow approximately 11 minutes per pound cooking time. Rub the *entire* bird with peanut oil, salt and pepper. (substitute: Greek seasoning). Suggested basting: 1 c. beer, 1/2 stick margarine and Greek seasoning.

Potato Casserole

Serves 8-12

2 lb. frozen hash brown potatoes
1 can cream of celery soup
1 can cream of chicken soup
8 oz. carton sour cream
onion, chopped or minced to taste
green pepper, optional
1/2 c. melted margarine
2 c. shredded cheddar cheese

Mix together frozen hash browns, soups, sour cream, onion and green pepper. Put in greased 9" x 13" pan. Drizzle with melted margarine. Top with cheddar cheese. Bake at 325° for one hour.

Frosted Strawberry Salad

Serves 12-16

2-3 oz. boxes wild strawberry jello
2 c. hot water
2-10 oz. boxes frozen strawberries
2 bananas, mashed
15 oz. can crushed pineapple
1 c. whipped cream

Mix 2 boxes strawberry jello and 2 c. hot water. Reserve 1/2 c. of this juice and cool just to setting stage. Add 2 boxes strawberries and 2 mashed bananas to mixture (all but the 1/2 c. mixture). Add pineapple, do not drain. Pour mixture into 9" x 13" pan and let set. Beat 1/2 c. jello and water you have reserved into 1 c. whipped cream and frost salad.

Broccoli and Wild Rice Bake

Serves 8-12

2 boxes frozen broccoli cuts
6¾ oz. pkg. long grain (quick
  cooking) and wild rice mix
1 envel. sour cream sauce mix
1 single serving cream of mushroom
  or cream of chicken soup mix
  (I use Knorr's Souptime — 1
  6 oz. envelope)
1/2 t. salt
2 c. milk
3/4 c. soft buttered bread crumbs

Cook broccoli as directed on box. Prepare rice as directed on box. Combine dry sour cream sauce mix, dry soup mix and salt. Gradually stir in milk. Combine rice and soup mixtures. Fold in broccoli. Turn into 2 qt. casserole. Sprinkle with crumbs. Bake, covered, at 350° for 20-25 minutes.

Eight-Minute Cheesecake

Serves 8

Crust:
  1¼ c. graham cracker crumbs
  3 T. sugar
  1/3 c. butter or margarine
8 oz. pkg. cream cheese, softened
1/3 c. sugar
1 c. (1/2 pint) sour cream
2 t. vanilla
8 oz. whipped topping (thawed)
fresh fruit, thawed frozen, or
  pie filling

Crust: Mix graham cracker crumbs, sugar and margarine and put in glass pan. Put in microwave 1 minute, 15 seconds. Remove and cool. Can use prepared graham cracker crust.

Pie: Beat cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into crust. Chill until set, at least 4 hours. Garnish with fruit when serving.

Do Ahead Summer Grill

— Linda Dasher —

* Marinated Leg of Lamb
with Chutney Sauce *

* Spinach and Zucchini Frittata *

* Quartet Salad *

* Strawberry-Lemon Surprise *

Be sure to try the Strawberry-Lemon Surprise. If you follow the directions, it is perfectly safe to prepare in a crystal bowl and very lovely to serve.

Marinated Leg of Lamb

Serves 8

6-7 lb. leg of lamb, boned and butterflied
1 clove garlic, crushed
3/4 c. salad oil
1/4 c. red wine vinegar
1/2 c. chopped onion
2 t. Dijon mustard
1 t. salt
1/2 t. oregano
1/2 t. basil
1/8 t. freshly ground pepper
1 bay leaf, crushed

Place leg of lamb in a shallow dish or plastic bag which can be sealed. Combine rest of ingredients in food processor or blender. Pour over lamb. Refrigerate overnight, turning at least once. Remove lamb from refrigerator 1 hour before preparing. Remove from marinade and cook on preheated outdoor grill, basting often, until meat thermometer registers desired degree of doneness. The thick part should be medium. Serve with chutney sauce.

Chutney Sauce

3 T. chopped chutney
1 t. curry powder
1 c. mayonnaise
1/4 c. chili sauce
1 T. lemon juice

Combine all ingredients in food processor or blender. Chill. This sauce is also very good served with roast turkey, baked chicken or as a vegetable or seafood dip.

Spinach and Zucchini Frittata

Serves 8

8 medium zucchini, thinly sliced
4 T. butter
1 onion, thinly sliced
3/4 lb. fresh mushrooms
3 c. finely chopped fresh spinach
4 eggs
1½ c. light cream
1/4 t. salt
1/4 t. pepper
1/2 t. thyme
1/2 t. basil
1/2 c. fresh grated parmesan cheese

Melt 2 T. butter in skillet and sauté zucchini about 15 minutes or until transparent. Remove from skillet with a slotted spoon and place in bottom of a quiche pan. Add 1 T. butter to skillet and sauté onion for 5 minutes. Place on top of zucchini. Add rest of butter to skillet and sauté mushrooms for about 3 minutes. Add the spinach to the mushrooms and sauté 3 more minutes. Place mixture on top of the zucchini and onion. Beat eggs thoroughly with wire whisk. Add the cream gradually, then quickly mix in the salt, pepper and spices. Pour this mixture over the vegetables. Sprinkle generously with parmesan cheese. Bake at 375° for 25-30 minutes. Serve very hot, cut in wedges. Note: The vegetables can be sauteéd and layered several hours before serving. The eggs, cream and seasonings can be prepared up to 30 minutes before serving.

Quartet Salad

Serves 8

1 large head lettuce, chopped
12 slices bacon, crisp and crumbled
1/2 lb. roquefort or blue cheese, crumbled
3 med. tomatoes, chopped, seeded
2 ripe avocados, peeled, seeded and diced

Dressing:
  salad oil
  pear vinegar
  fresh lemon juice
  salt and freshly ground pepper

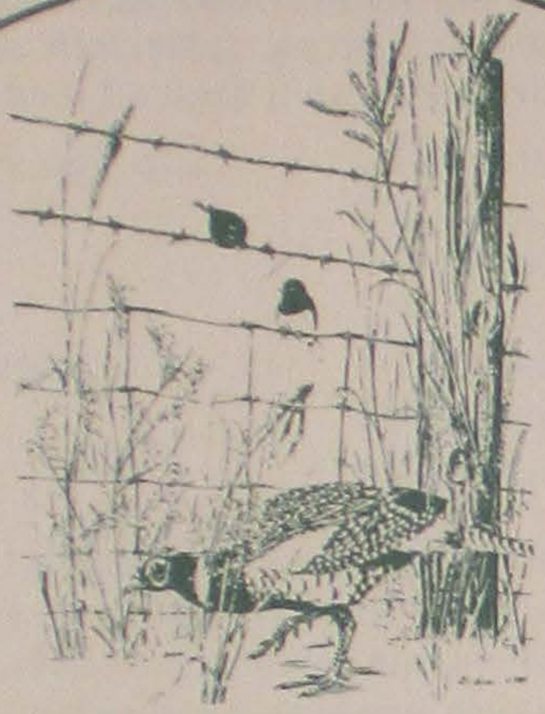
Chop lettuce and place in glass salad bowl. In wedge shaped sections, place tomatoes, avocados, blue cheese and bacon on the top of the lettuce. Toss the salad at the table with a dressing made of 2 parts salad oil, one part pear vinegar, a little lemon juice, salt and pepper. Note: Salad can be prepared ahead and placed in refrigerator covered with plastic wrap. Put avocado seed in chopped avocado to prevent discoloring. Be sure to remove seeds before serving!

Strawberry—Lemon Surprise

Serves 8

8 eggs
1/2 t. cream of tartar
2¾ c. sugar
2 t. grated lemon rind
3/4 c. lemon juice
3 c. whipping cream
1 pint fresh strawberries

Beat 8 egg whites with 1/2 t. cream of tartar until stiff. Gradually beat in 1½ c. sugar and continue to beat until the meringue is glossy and smooth. Empty meringue into a deep round glass or crystal bowl, making a deep nest in the middle. Bake in a 225° slow oven for 1¼ hours. Cool. In the top of a double boiler, beat 8 egg yolks with 1 c. sugar. Stir in 2 t. grated lemon rind and 3/4 c. lemon juice. Cook, stirring, over simmering water for about 15 minutes or until custard is thick. Cool. Beat 2 c. whipping cream until stiff. Fold into lemon custard. Pour into meringue nest. Cover with plastic wrap and chill for 24 hours. Just before serving, whip 1 c. whipping cream with 1/4 c. sugar. Spread over meringue and custard. Garnish with whole strawberries. Note: Don't forget—this **must** be made the day before serving.



Picnic in the Country

— Donna Doran —

* Southern Fried Chicken *

* Barbecued Ribs *

* Fresh Vegetable Platter with Dill Dip *

* Coal-Roasted Corn on the Cob *

* Buttermilk Biscuits with Honey *

* Cole Slaw *

* Fresh Strawberries with Brown Sugar Dip *

* Chocolate Buttermilk Cake *

Invitations may be made out of red and white checked paper or napkins. Use a red and white checked picnic tablecloth and accent with fresh flowers. Fresh lemonade and freshly brewed iced tea go well with this meal.

Southern Fried Chicken

Serves 8

2-2½ lb. chicken, cut up
1/2 c. flour
1/3 c. buttermilk
1/3 c. lard
5 T. butter
1½ t. salt
1/2 t. freshly ground black pepper
lemon wedges and watercress for garnish (optional)

Put flour in paper bag. Pour buttermilk into medium-size bowl and dip each chicken piece in it to coat. Place 1 or 2 chicken pieces in bag and shake to coat with flour. Repeat until all pieces are floured. Melt lard and butter over high heat in frying pan. Sprinkle chicken with salt and pepper. When fat is hot, add thighs and legs, fleshy side down. Brown about 3 minutes. When golden, turn them with tongs and brown other sides. Add chicken breasts to pan. After about 3 more minutes, turn all chicken pieces. Add wings to pan. Continue cooking and turning chicken so pieces brown evenly. Cook on as high a temperature as possible. Reduce temperature to medium-high only if chicken is browning too fast. Should be done 20-30 minutes from time thighs and legs were placed in pan. Chicken should be medium-brown and the crust very crisp. Garnish chicken with lemon wedges and watercress if desired.

Barbecued Ribs

Serves 6-8

4 lb. pork back country style ribs, cut in pieces
Sauce:
  1 T. butter
  1 clove garlic, crushed
  1/2 c. catsup
  1/3 c. chili sauce
2 T. brown sugar
2 T. onion, chopped
1 T. worcestershire sauce
1/4 t. salt
1 T. prepared mustard
3 thin lemon slices or dash of lemon juice

Place ribs in enough salt water to cover and simmer, covered, until nearly tender (about 1 hour). In saucepan, melt butter, add garlic and cook 4-5 minutes. Add catsup, chili sauce, brown sugar, chopped onion, worcestershire sauce, mustard, salt and lemon slices. Bring to boil. Drain ribs, place in shallow pan, pour sauce over. Bake 350° for 20 minutes, basting often with sauce.

Coal-Roasted Corn on the Cob

Serves 8

10-12 ears sweet corn

Butter, salt and pepper corn. Individually wrap in foil and cook over charcoal until snappy.

Fresh Vegetable Platter with Dill Dip

Serves 8

fresh green beans
fresh cherry tomatoes
fresh cauliflower
fresh asparagus
fresh green onions
fresh radishes
Dill Dip:
  3 oz. cream cheese, softened
  1 t. grated onion
  1/4 t. dried dill weed
  dash salt
  1-2 T. light cream

Arrange vegetables attractively on platter. May accent platter with fresh flowers and lettuce leaves. Can par-boil asparagus and green beans.

Dill Dip: Combine first 4 ingredients. Stir in cream to make mixture proper consistency. Makes about 2/3 c. dip.

Buttermilk Biscuits with Honey

Serves 8

6 c. sifted unbleached flour
1/4 c. baking powder
1 t. baking soda
1/4 c. sugar
2 t. salt
2 c. vegetable shortening or 1 c. butter and 1 c. shortening
1¼ c. buttermilk
1/4 c. heavy cream
serve with butter and honey

Preheat oven to 400°. Sift flour, baking powder, soda, sugar and salt together. Cut shortening into dry ingredients with pastry cutter until texture resembles rolled oats. Cover and chill mixture in refrigerator for at least 20 minutes. Make a well in the center of the mixture. Pour in the buttermilk and stir in quickly with your hands or a large spoon until just combined. Does not matter if there are bits of unincorporated flour left in the bowl. Turn the mixture out onto a lightly floured surface and divide in half. Shape the dough into two rough rectangles. Place 1 piece on top of the other. Transfer right onto a buttered 17½" x 11½" baking sheet. Roll dough out quickly and gently, taking care not to overwork it. Pat edges to make them straight. Cut into 1¼" or 2" squares. Brush tops with heavy cream. Bake 13-15 minutes. Cool on racks. May be baked ahead and frozen.

Cole Slaw

Serves 6-8

Slaw:
  white cabbage, shredded
  1/4 lb. blue cheese, crumbled

Dressing:
  1 c. sugar
  1/2 t. salt
  1 t. celery seed
  1/4 c. vinegar
  1 small onion, chopped
  1 c. oil

Mix sugar and onion in blender until dissolved. Add salt, celery seed and vinegar. Mix well. Add oil slowly. Crumble blue cheese in slaw and add dressing. Dressing should be added at last minute so cabbage remains crisp.

Chocolate Buttermilk Cake

Serves 8

Cake:

- 1/2 c. butter
- 1¼ c. sugar
- 2 large eggs
- 2 squares chocolate, melted
- 1¾ c. sifted flour
- 1/2 t. salt
- 1 t. soda
- 1 c. buttermilk

Chocolate Frosting:

- 2 squares melted unsweetened chocolate
- 1 T. butter, melted
- 4 oz. cream cheese
- 2 c. powdered sugar
- 2 T. milk, add accordingly
- beat until smooth

Grease cakepan(s). Cream shortening and sugar. Add eggs which have been beaten in another bowl. Stir in flour. Stir in liquids. Pour into pans.

Size: 2 round 8" layers bake 30-35 minutes.
1 8½" square cake pan bakes 40-45 minutes.

Fresh Strawberries with Brown Sugar Dip

Serves 8

- 4 cartons fresh strawberries
- 2 pints sour cream
- brown sugar

Beat enough brown sugar into sour cream to form a light brown color. Wash strawberries. Serve berries with greens attached in wicker basket with bowl of dip alongside.

A Delight for All Seasons

— Dee Ketelsen —

* Shrimp Florentine *

* Orange-Walnut Toss *

Hot Rolls

Mixed Nuts

* Sherry Cake *

Paul Masson Emerald Dry Wine

I've used this menu for Sunday night suppers, for luncheons or before a concert. I use a shell centerpiece with shell napkin rings and coral napkins. The broken shells that I collect on the beach are perfect for napkin rings and bring a touch of Florida to Ames.

Shrimp Florentine

Serves 8

- 4-10 oz. pkgs. frozen chopped spinach
- 3 lbs. shrimp, cooked, shelled and deveined
- 1/2 c. butter
- 1/2 c. flour
- 3 c. milk
- 1 c. dry white wine
- 1/2 c. chopped scallions
- salt and pepper
- paprika
- 2 c. shredded cheddar cheese

Prepare shallow casserole (12" x 9" x 2"). Thaw and drain spinach. Spread uncooked spinach in casserole. Top with cooked shrimp. In saucepan melt butter, stir in flour. Gradually add milk, wine and scallions. Cook over low heat until thick and bubbly. Add salt and pepper and enough paprika for a rosy color. Pour sauce over shrimp. Sprinkle with cheese and bake uncovered in 350° oven until hot and bubbly, about 40 minutes.

Orange-Walnut Toss

Serves 6-8

7 c. torn lettuce
2 c. orange sections
1/2 white onion, sliced and in rings
1/3 c. Italian dressing
walnut or pecan half croutons

Toss lettuce, orange sections and onion rings with Italian dressing. Top with nuts.

Walnut or pecan croutons: Melt 1 T. butter over medium heat. Add 1/4 t. salt and 1/2 c. nuts. Stir until nuts are crisp and brown.

Sherry Cake

Serves 10-12

1 pkg. yellow cake mix
small pkg. instant vanilla pudding
1 t. nutmeg
4 eggs
3/4 c. salad oil
3/4 c. sherry
Topping:
  whipping cream
  sherry

Combine cake ingredients and mix well. Pour into a prepared bundt pan and bake at 325° for about 35 minutes or until tester comes out clean. Loosen edges of cake and invert on cooling rack. Serve with sherry whipped cream.

Whip cream, add sugar and about 1/4 c. sherry. (I do not use cooking sherry)

Texas Fare for Eight

— Carol Johnson —

* Margaritas *

* Oaxacan Peanuts *

* Avocado-Tomato Salad *

* Barbecued Beef *

* Cheese Grits Casserole *

* Jalapeno Corn Bread Sticks *

* Pecan Pie *

* Mexican Coffee *

This menu is really quite simple, but all kinds of people seem to enjoy it. I use my red and white checked table cloth, red napkins and a fresh fruit centerpiece, one with green apples, red and green grapes and lots of fresh strawberries. And of course, candles. When I serve it in the spring, I add steamed fresh asparagus seasoned with lemon butter. In winter, fresh broccoli. A hearty burgandy goes well with the beef. Y'all enjoy yourselves, hear?

Margaritas

Serves 8

white tequila
triple sec
freshly squeezed lime juice

Put tequila and triple sec in freezer compartment of refrigerator until thoroughly chilled (several hours). Squeeze limes thoroughly straining the small amount of pulp. Mix in pitcher in the following proportions: 3 parts tequila, 2 parts triple sec, 2 parts lime juice. Replace in freezer until again chilled and a few ice crystals form (be careful, it may freeze!). CAUTION: These cocktails are not diluted by ice, etc. and therefore are served in *small* cocktail glasses.

Oaxacan Peanuts

Serves 8

20 small dried red chiles
4 cloves garlic
2 T. olive oil
2 lb. salted peanuts
1 t. coarse salt
1 t. chili powder

Heat chiles, garlic and olive oil in a heavy pan for 1 minute. Stir so the chiles won't scorch. Mix in the peanuts and stir over medium heat, or spread on a cookie sheet and bake in a 350° oven for 5 minutes. Sprinkle with coarse salt and chili powder. Mix well and store in a covered jar or tin at least 1 day before serving.

Avocado-Tomato Salad

Serves 8

3 avocados
4 tomatoes
Good Seasons Italian dressing
small amount crumbled tarragon
1 white onion

Slice the avocados, and peel and slice the tomatoes. Slice the onion very thin and separate into rings. Mix the Italian dressing as directed on the package, adding a bit of crumbled tarragon. Add the dressing to all and cover. Refrigerate until thoroughly chilled. Serve on a lettuce leaf and chilled salad plates.

Barbecued Beef

Serves 8

2 T. chili powder
1 c. brown sugar
2 t. salt
1 T. soy sauce
1 T. paprika
1 t. cinnamon
2 t. minced garlic
1 onion, chopped
2 cans tomato paste
1 T. worcestershire sauce
1 t. tabasco (or more)
1 c. vinegar
2 T. liquid smoke
1 c. water
5 lb. seven-bone roast (or chuck roast)

Trim the fat from the roast, and brown on all sides in large kettle over hot stove. Mix barbecue sauce and pour over the browned meat. Turn heat very low and simmer until very tender (approximately 4 hours). I like to fix this a day ahead, refrigerate, and skim congealed fat from the sauce and meat. I then cut the meat in serving pieces and put in a 9″ x 13″ casserole with the sauce for reheating. Be sure to serve extra sauce at the table. Some will want to spoon it over their cheese grits.

Cheese Grits Casserole

Serves 8

1½ c. hominy grits
6 c. water
1 t. salt
1 lb. sharp cheddar cheese
3 eggs, beaten
1½ sticks margarine
2 t. seasoning salt
1 t. salt
1 t. tabasco
1 t. paprika

Cook regular hominy grits in salted water; add grated cheese and butter. Beat in eggs and seasonings. Pour into a buttered casserole baking dish and bake at 300° for 1 hour.

Jalapeno Corn Bread Sticks

Serves 8

2 c. corn meal
1 c. flour
3 t. baking powder
1 t. salt
1/2 c. melted shortening
1 large onion, grated
1½ c. grated long horn cheese
3 eggs (beaten)
3 t. sugar
1 can cream-style corn
7 jalapeno peppers (more or less)

Mix all ingredients together, stir until blended, pour into individual corn stick molds and bake at 425° for 15-20 minutes.

Pecan Pie

Serves 8

3 eggs
3/4 c. sugar
1 c. white Karo syrup
pinch of salt
2 t. vanilla extract
2 c. pecan halves

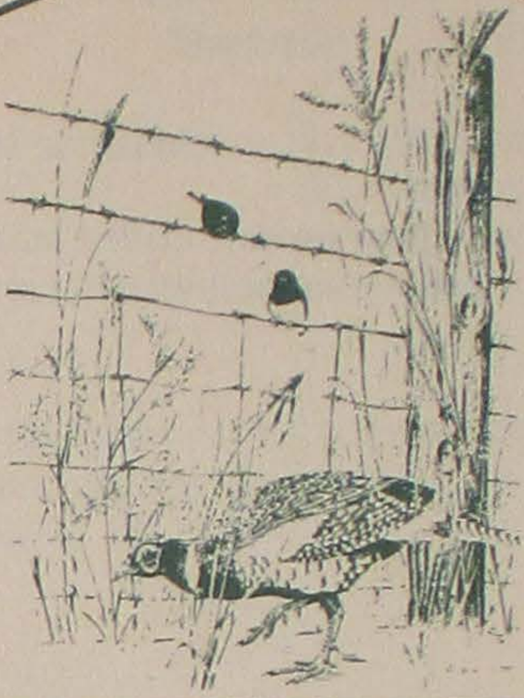
Beat all ingredients except pecans, and pour into a prepared pie shell. Add pecans on top in a circular pattern. Bake at 450° until brown (approximately 10 minutes). Then reduce oven to 350° and bake at least 45 minutes. (Cover with foil if pie is getting too brown.)

Mexican Coffee

Serves 8

coffee	cinnamon sticks

Add 3 sticks of cinnamon to your ground coffee and percolate your favorite brew. (A mild cinnamon flaver goes well with Pecan Pie as dessert.)



Dinner with Friends

— Jane Milleman —

* Cornish Hens with Orange Sauce *

* Wild Rice *

Buttered Asparagus

* Orange Salad *

* Mom's Charlotte Baskets *

Even children seem to enjoy cornish hens and yet it is still a festive meal. The dessert will dirty lots of pans, but it's worth it.

Cornish Hens with Orange Sauce

One bird per person

cornish hens
salt
butter, melted

Orange Sauce:
1/4 c. sugar
1 T. cornstarch
1 c. water
2 T. butter
1/2 small can frozen orange juice

Thaw frozen hens. Wash and pat dry. Heat oven to 425°. Season thawed hens inside with salt. Roast breast side up in roasting pan. Brush with melted butter. Roast about 1 hour or until tender, basting hens 2 or 3 times during roasting.

Orange sauce: Combine sugar, cornstarch and water. Cook in heavy pan, stirring constantly until thickened. Remove from heat and stir in butter and frozen orange juice.

Wild Rice

Serves 6-8

1 c. wild rice
1/2 c. chopped celery
1/2 c. chopped fresh mushrooms
1/4 c. chopped onion
2 c. chicken broth
2 T. butter

Soak wild rice overnight. Bring to a boil with cold water, drain. Do this 3 times. Then add chicken broth and simmer 15-20 minutes or until rice is tender. Sauté celery, onions and mushrooms in butter. Add to mixture and serve.

Orange Salad

Serves 12

2 pkgs. orange jello
2 c. hot water
1 c. cold water
6 oz. can frozen orange juice
2 bananas
1 can crushed pineapple, drained
1 c. small marshmallows

Topping: 1/2 c. sugar
2 T. flour
1 egg, beaten
juice from pineapple plus water to make 1 c.
2 T. butter
1 c. whipping cream

Dissolve jello with hot and cold water, add frozen orange juice. Add drained pineapple, bananas, marshmallows. Pour into 9″ x 13″ pyrex dish. Refrigerate; when set, spread with custard topping.

Topping: Cook sugar, flour, egg and juice until thick. Add 2 T. butter. Cool. Fold in whipped cream.

Mom's Charlotte Baskets

6 egg yolks
1/2 c. cold water
1½ c. sugar
1/2 t. vanilla
1½ c. sifted cake flour
1/4 t. salt
6 egg whites
3/4 t. cream of tartar
chocolate sauce
heavy cream, whipped

Beat egg yolks until thick and lemon-colored. Add water, continue beating until very thick. Beat in sugar (Important—a little at a time), then vanilla. Sift flour with salt; fold into egg yolk mixture a little at a time. Beat egg whites with cream of tartar until stiff peaks form. Fold into yolk mixture. Bake in muffin tins, using the paper cupcake liners (325°) about 20 minutes or until golden brown on top. Serve one or two on a plate. Serve with your favorite chocolate sauce and whipped heavy cream.

Midsummer Night's Dinner

— Susan Sargent —

* Crab Rangoon *

* Mint Juleps *

* Medallions of Beef *

* Béarnaise and Bordelaise Sauces *

* Fresh Strawberries and Spinach Salad *

* Broccoli Amandine *

* Popovers *

* Fresh Peach Meringue *

Fresh mint, just-picked strawberries and juicy peaches, home grown broccoli and spinach, meat on the grill—all are luxuries of an Iowa summer. Add candlelight and serve this dinner on your porch for a special touch of casual elegance. All recipes submitted and taste-tested by: Diane and Dick Roseland, Pam and Larry Curtis, Marcia and Bob Mechem, and Susan and Philip Sargent.

Mint Juleps

Individual serving

4 or 5 fresh mint leaves	finely crushed ice
1 t. powdered sugar	2 jiggers bourbon whiskey
1 t. water	sprigs of mint

The key to making superior juleps is to mix them individually and mellow in the refrigerator before serving. Chill silver julep cups or 12 oz. glasses. Place 4 or 5 fresh mint leaves in each glass. Stir gently with powdered sugar and water. Fill glass with crushed ice and pour in 1 jigger of bourbon whiskey. Stir vigorously until ice has dropped 1 or 2 inches and frost begins to appear. Fill remainder of glass with more crushed ice and pour in 1 jigger bourbon whiskey. Refrigerate 30-45 minutes before serving. Garnish with a mint sprig dusted with powdered sugar and serve with short straws.

Crab Rangoon

Serves 8

6 oz. pkg. frozen crab meat	1/2 t. worcestershire sauce
2-3 oz. pkgs. cream cheese	40 won-ton skins
1/2 t. salt	1 egg, slightly beaten
1/4 t. garlic powder	hot vegetable oil for frying

Mix together drained, chopped crab meat, softened cream cheese, salt, garlic powder and worcestershire sauce. Brush each won-ton skin with egg and place 1 t. of crab mixture in the center. Gather corners and pinch to secure. Drop into hot vegetable oil (4 or 5 at a time). Turn occasionally until golden brown, approximately 2-3 minutes. Best when served immediately.

Medallions of Beef

Serves 8

4 lbs. whole beef tenderloin (filet)
Sauce Béarnaise
Bordelaise Sauce

Several days prior to the dinner, special order a whole beef tenderloin, approximately 4 lbs. Ask that it be tied and ready to grill. Bake in a kettle-top grill (or oven) over low heat to 160° (medium rare on a meat thermometer). Turn after 20 minutes and periodically check thermometer after 30 minutes. Cooking to medium rare will take approximately 45-60 minutes. While meat is cooking, prepare recipe of Sauce Béarnaise and Bordelaise. To serve, cut two 1" thick slices for each plate, topping one with béarnaise and the other with bordelaise. Enjoy!

Sauce Béarnaise

Makes 1 cup

3 egg yolks
1 T. tarragon vinegar*
1/4 lb. butter, melted
1 t. minced parsley
1 t. minced fresh tarragon
dash of cayenne pepper
salt to taste

Use a double boiler with water hot but not simmering. Put egg yolks in top of boiler, and beat with wire whisk until smooth. Add tarragon vinegar and gradually whisk in the melted butter, pouring in a thin stream. Slowly stir in 2 T. hot water, pepper and salt. Continue to mix for 1 minute, until sauce is thickened. Add parsley and tarragon. Serve immediately.

Note: To correct a curdled béarnaise, whisk in a teaspoon or two of boiling water, a drop at a time.)

*Tarragon vinegar may be purchased or may be made by cooking 1 T. minced shallots with 2 T. vinegar and 1/2 t. dried tarragon until reduced to 1 T.; then strained.

Bordelaise Sauce

Makes 1 cup

2 T. butter
1/8 t. freshly ground pepper
2 T. flour
1 c. beef stock (or 3/4 c. if using sherry or wine)
1/4 c. dry sherry or burgandy, optional
salt to taste
2 green onions, minced
1 T. minced carrots
1 sprig parsley
1/2 bay leaf
1 whole clove
1½ t. worcestershire sauce

Melt butter in a saucepan and add pepper and flour. Cook slowly until browned. Gradually add stock, stirring, and boil gently 1 minute. Stir in green onions, carrot, parsley, bay leaf, clove and worcestershire sauce. Add salt and sherry or wine, if using. After 15 minutes, strain and serve over medallions of beef. Fine to prepare ahead and reheat in microwave.

Broccoli Amandine

Serves 8

1 bunch fresh broccoli
1 beef boullion cube
3/4 c. hot water
4 T. butter
4 T. flour
1 c. half and half
2 T. dry sherry
2 T. lemon juice
1/2 t. salt
1/4 t. white pepper
1/4 c. grated parmesan cheese
1/2 - 1 c. shredded gouda cheese
1/4 c. sliced almonds, toasted

Wash and trim broccoli into spears. Cook in rapidly boiling water until just tender, about 6 minutes. Drain; put in buttered 2 qt. casserole. Dissolve boullion cube in water. In 1 qt. sauce pan, melt butter. Add flour and cook, stirring constantly, 1-2 minutes. Pour in the half and half and boullion, beating vigorously with whisk. Bring sauce to a boil and stir until thick and smooth, about 3-5 minutes. Remove from heat and add sherry, lemon juice, salt and pepper. Pour sauce over broccoli. Sprinkle with cheeses and almonds. Bake 20 minutes at 350° until cheese is melted.

Fresh Strawberries and Spinach Salad

Serves 8

1¼ lbs. fresh spinach
1½ pints fresh strawberries
2 oz. toasted, slivered almonds
Dressing:
  3/4 c. sugar
1/4 c. vinegar
1/4 t. salt
1 c. salad oil, chilled
1 t. onion, grated

Wash and trim spinach, tear into bite-sized pieces. Gently toss in the freshly sliced strawberries and the almonds. For sweet and sour dressing, whip together the sugar, vinegar and salt until the sugar is dissolved. Add the chilled oil and the onion. Stir with whisk. Pour over spinach, lightly toss and serve.

Popovers

Makes 12

2 c. milk
2 c. sifted flour
4 large eggs
1/2 t. salt

A light alternative to traditional rolls. Beat all ingredients together with fork until smooth. Fill *very well greased* muffin pans (large) or popover pans 1/2 to 3/4 full with batter. Set oven control at 400° and put pans in immediately (oven still cold). Bake 40 minutes. Remove and serve immediately.

Fresh Peach Meringue

Makes 9" pie

3 egg whites
1 c. sugar
1 t. vanilla
14 Ritz crackers, crushed by hand
1/2 c. English walnuts or pecans
3 c. sliced fresh peaches
1/2 pint whipping cream
3 t. sugar

No one will guess the "secret" ingredient is Ritz crackers! Plan on extra servings, as people always ask for seconds. Beat egg whites into stiff peaks. Add vanilla and sugar gradually. Continue beating until very stiff. *Fold in* by hand the crushed crackers and the nuts. Pour into lightly sprayed 9" pie pan, mounding meringue to form edges of the crust. Bake 30 minutes at 350°. When cooled, whip cream with sugar and stir in sliced fresh peaches (or strawberries). Pour into meringue crust and refrigerate at least 2 hours (but not more than 4 or 5) before serving.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

Formal Dinners

House at Ninth and Douglas

According to the present owners, Carol and Roger Volker, this home was built in the early 1870s although they do not know the exact date. Originally brick, it was then painted white and in 1968 received the white stucco appearance it presently has. It has often been referred to as the Major Beck home. But Lon and Ella Hardin, postmaster and editors of the newspaper, were also well-known residents. After World War II, when apartments rather than large houses were in demand, the house was converted into three apartments.

Kay Wall instructs adult and children art classes at The Octagon. This water color is the result of her demonstrating different techniques over a period of seven weeks to an adult watercolor class. Kay loves the outdoors and has done many homes through the years by commission.

After Symphony Dinner

— Suzanne Zaffarano —

Champagne or Cocktails

* Hot Pepper Pecans *

* Ham Puffs *

* Frosted Pimiento Cheese Rolls *

* Swiss Cheese and Shrimp Casserole *

* Saucy Chicken Rolls *

* Asparagus Polonaise *

Spinach or Green Olive Salad

* Crescent Rolls *

* Devonshire Strawberry Pie *

Some of our most enjoyable entertaining—at brunches, picnics and dinners—has been for musicians and friends during the Ames International Orchestra Festivals. This menu has been a basis for several dinners. It is easily adapted to suit the occasion. For example, we offer cocktails or wine with hors d'oeuvres before dinner if the meal is served on the orchestra's day off; however, if the meal follows a concert, well chilled champagne (or beer if there are horn players in the group!) served one half hour before dinner is more refreshing and does not dull the appetite. Serving two entrees certainly is not necessary, but I prefer to have a "back-up" dish should anyone not like meat or fish.

Frosted Pimiento Cheese Rolls

Makes 100-120

1/2 c. instant minced onion
1 c. water
1 c. softened butter or margarine
1 c. mayonnaise
4 qts. shredded American cheese (about 4 lbs.)
1 c. chopped pimiento (about 2 cans or jars—4 oz. each)
1½ c. finely chopped watercress or parsley
100 to 120 sandwich bread slices, crusts trimmed

Stir the onion into water, let stand for 5 minutes. Beat together the butter, mayonnaise, and cheese. Mix in the onion, pimiento, and watercress or parsley. Spread one side of each bread slice with cheese mixture until you have used about 2/3 of total amount. Roll each like a jelly roll. Place close together on baking sheets. Spread tops with remaining cheese mixture. Just before serving set into a moderately hot oven (350° to 375°) until rolls are deep golden brown. These may be frozen and used as needed. They are super when hot but good even when cool.

Hot Pepper Pecans

2 T. butter
1 c. large pecan halves
2 t. soy sauce
1/2 t. salt
2-3 dashes liquid hot-pepper seasoning (tabasco)

Melt butter in a shallow pan. Spread pecans evenly in one layer, and bake in a slow oven (300°) for 30 minutes, or until the nuts just begin to brown. Stir several times during the baking and be sure not to overcook. Mix soy sauce, salt, and liquid hot-pepper seasoning into toasted nuts, turning them so seasoning will be evenly distributed. Spread on a double thickness of paper towel to cool, then pack in jars with tight-fitting lids. These are simple to prepare and make excellent appetizers before an elaborate dinner.

Ham Puffs

Makes about 45 appetizers

8 oz. pkg. cream cheese, softened
1 egg yolk
1 t. baking powder
dash of salt
mayonnaise
10-12 thin slices white sandwich bread
4½ oz. can deviled ham
paprika

Combine cream cheese with egg yolk, baking powder, and salt; mix until blended and smooth. Cut about 4 small rounds from each slice of the bread, using a biscuit cutter. Spread each round lightly with mayonnaise. Spread each with a thin layer of deviled ham. Spoon the cheese mixture on the ham, and sprinkle with paprika. This much can be done ahead and the appetizers frozen, if you wish. To serve, put into a moderately hot oven (375°) for 12 to 15 minutes, or until puffed and browned. Serve immediately. These canapés are quick to make. They can be made ahead and then frozen.

Asparagus Polonaise

Serves 6

9 T. butter
3/8 c. fine bread crumbs
3 lbs. asparagus, cooked
1 hard-cooked egg, sieved
chopped parsley

In a saucepan melt the butter, add the bread crumbs and sauté until lightly browned. Sprinkle the crumbs and butter over hot, freshly cooked asparagus and then sprinkle with the sieved hard-cooked egg and chopped parsley. Cooking the asparagus just before serving is the only "last minute" cooking needed to be done before serving the meal.

Swiss Cheese and Shrimp Casserole

Serves 8

1 c. brown rice
1 c. mushroom soup
juice of 1 lemon
1/2 t. black pepper
2 T. butter
1 lb. fresh shrimp
1 t. parsley
2 T. grated onion
1 c. grated swiss cheese
top with 6 T. butter and sprinkling of paprika

Steam rice. Cook and shell shrimp. Melt butter; add onion, lemon, pepper and soup. In greased casserole, layer lightly first with rice, then shrimp and finally rice. Pour soup mixture over layers and top with cheese. Dot with butter, parsley and paprika (this much may be done the day ahead if desired). Bake 30 minutes at 350° and serve while still very hot and cheese soft.

While I often use only 1 c. of rice, the amount of servings may be stretched by increasing to 1½-2 c. Of course, the soup and onion should also be increased slightly.

Saucy Chicken Rolls

Serves 6

3 whole chicken breasts, skinned, split and boned
1 pkg. chopped spinach, cooked and well drained
2 T. parmesan cheese
1/4 t. savory
1/4 t. marjoram
4 oz. can sliced mushrooms, drained
2 T. shortening
10½ oz. can condensed cream of chicken soup

Flatten chicken breasts with back of heavy knife. Combine spinach, cheese, 1/8 t. each of savory and marjoram. Divide among the six half breasts. Roll up; fasten with toothpicks or tie with string. In skillet, brown chicken and mushrooms in shortening; pour off fat. Stir in soup and remaining seasonings. Cover; cook over low heat 30 minutes. Stir occasionally.

These may be made ahead and reheated just before serving. I usually make two rolls for each person so would double the recipe for 6 servings. I prefer to make too much than too little.

Crescent Rolls

Makes 12 rolls

1 pkg. yeast
1 c. warm water (105°)
1/3 c. sugar
3½ c. all-purpose flour, divided
1 t. salt
2 eggs
1/3 c. shortening, melted

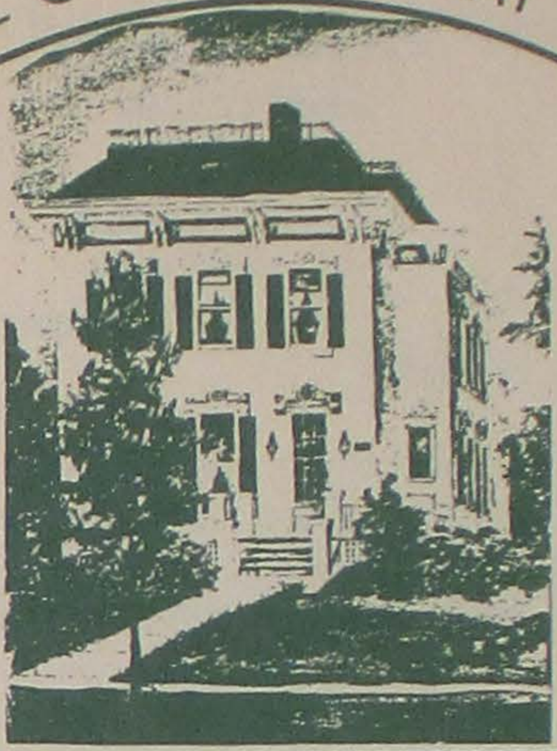
Soak yeast in warm water. Add sugar. Add 1 c. flour and salt. Stir. Add eggs, one at a time. Stir well. Add shortening. Stir in remaining flour. Dough will be soft. Do not knead but mix well in bowl. Let rise in warm, draft-free area until double in bulk. Punch down. Divide dough into 3 portions. Roll each into a pie-sized circle. Cut each circle into 12 wedges. Roll up each wedge from wide end. Curve to form crescent. Place on greased cookie sheet with point underneath. Cover and let rise until double. Bake at 400° for 10 minutes. These are wonderfully easy to make and freeze well IF there are any left!

Devonshire Strawberry Pie

Serves 8-10

1 qt. strawberries, hulled
water, as needed
1/4 c. cornstarch
1/8 t. salt
1 c. sugar
2 T. milk
3 oz. pkg. cream cheese
9" baked pastry shell
1/2 c. heavy cream, whipped

Wash hulled berries and put 6 aside for garnish. Mash *half* the berries or put them through a sieve and slice the rest. Add water to sieved berries to make 1½ c. of mixture. In saucepan mix cornstarch, salt and sugar; add sieved berries and cook until thickened, stirring. Cool. Mix milk and cheese, spread on pastry shell and cover with sliced berries. Spread cooked mixture on top. Chill. Garnish with whipped cream and 6 reserved berries. May be made the night before, but is really best made the day of serving.



Couples Progressive Dinner

— Mary Boehlje —

* White Wine Coolers *

* Garden Pizza *

* Chicken Breasts Parmesan *

* Twice Baked Potatoes *

* Carrot Casserole *

* Lettuce Greens with Vinegar & Oil Dressing *

* Lemon Meringue *

Coffee, Tea

At the end of our year, Economics Women, join with spouses to attend a Progressive Dinner. A recipe is assigned to each couple to prepare. The schedule for the evening allows for all couples to be together at one home for hors d'oeuvres and another home for dessert. The group is divided into smaller groups of four couples each for dinner at another member's home.

Garden Pizza

Makes 48 bite-size pieces

- 2 pkgs. Pillsbury crescent rolls
- 8 oz. pkg. cream cheese
- 1/2 c. salad dressing
- 1 t. onion flakes
- 1/2 t. garlic salt
- 1/2 t. salt
- 1 c. chopped green pepper
- 1 c. chopped green onion
- 1 c. chopped tomatoes
- 3/4 c. chopped stuffed green olives
- 3/4 c. chopped black olives

Spread the crescent rolls out in a jelly roll pan, pinching all sides together to form a crust. Bake according to direction on rolls. Cool. Soften the 8 oz. cream cheese and mix in the salad dressing, onion flakes, garlic salt and salt. Spread this mixture over the cooled crust. Sprinkle the remaining ingredients on top. Refrigerate for several hours before serving. Cut into bars.

White Wine Coolers

Makes 12 servings (5 oz. each)

- 1 bottle chilled dry white wine
- 1 bottle club soda
- 1/2 to 1 c. sugar
- 2 oranges

Just before serving, mix liquids in punch bowl ;and add sugar slowly to taste. Peel and dice one orange and add to mixture. Slice the other orange, unpeeled, into cubes and float on top of mixture. Ladle into wine glasses.

Carrot Casserole

Serves 6

- 2 lbs. carrots, sliced
- 1 c. Velveeta cheese
- salt to taste
- 3/4 stick margarine
- small onion, diced
- crushed potato chips

Crisp cook carrots, onions and salt. Drain and add cheese and margarine and put in a greased casserole. Sprinkle crushed potato chips on top and bake in 350° oven for 30 minutes.

Chicken Breasts Parmesan

Serves 6-8

4 chicken breasts, halved
1 c. sherry
1/2 c. almonds, toasted
2 c. Italian-seasoned bread crumbs
1/2 c. chopped parsley
1/2 c. grated Parmesan cheese
1/4 t. garlic powder
1 stick margarine, melted

Remove skin from chicken. Marinate chicken in sherry, overnight if possible. Crush toasted almonds. Mix remaining ingredients, except margarine, and add almonds. Preheat oven to 350°. Dip chicken in melted margarine and roll in crumb mixture until thickly coated. Place in pyrex dish and bake 50 to 60 minutes.

Twice Baked Potatoes

Serves 6

4 medium baking potatoes
3 T. margarine, melted
1/2 c. milk
1/3 c. sour cream
1/2 c. green onions, chopped
8 slices bacon, cooked crisp and crumbled

Scrub potatoes, pat dry and rub skins with butter. Bake 1 hour at 350°. Remove from oven and put in refrigerator for quick cooling. Cut top out of potatoes and scoop out the pulp into a bowl, reserving shells. Whip potatoes with butter and milk. Add sour cream, onions and bacon. Pile into shells. Bake 10 to 15 minutes at 425° until browned.

Lettuce Greens with Oil & Vinegar Dressing

Serves 6-8

Salad:
- 1 small head each of romaine, bibb, and endive
- 3 hard boiled eggs
- 1/2 lb. fresh mushrooms, cleaned
- 1/2 clove of garlic

Dressing: (make ahead)
- 1 T. minced shallots or red onion
- 1/4 t. dry mustard
- 3 T. wine vinegar
- 1/2 c. olive or vegetable oil
- salt and pepper to taste

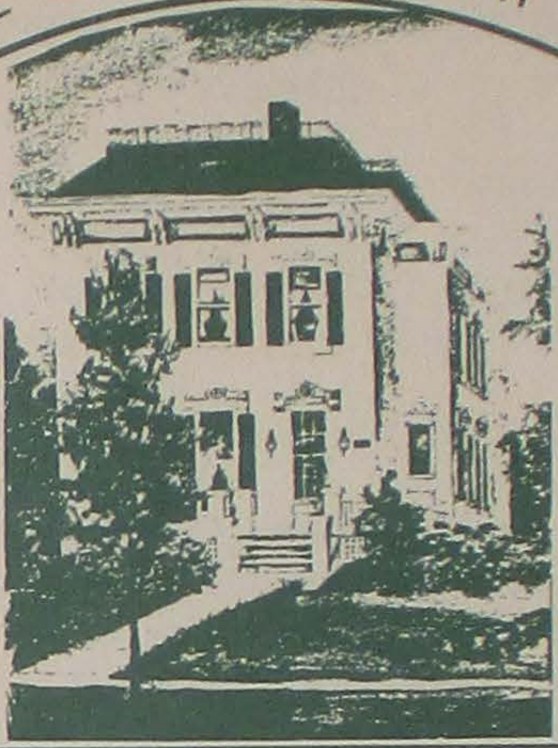
Wash salad greens well, drain and chill to crisp. At dinner time rub serving bowl with 1/2 clove of garlic. Toss salad and garnish with egg slices and sliced mushrooms. Pour dressing over salad just before serving.

Lemon Meringue

Serves 9-15

6 egg whites
3/4 t. cream of tartar
1/8 t. salt
1½ c. sugar
1 T. vanilla
6 egg yolks
3/4 c. sugar
1 lemon
dash salt
1/2 c. crushed pineapple, drained
9 oz. carton Cool Whip
1/4 to 1/2 c. coconut

Beat first three ingredients until foamy, then add 1½ c. sugar, 1 T. at a time. Add 1 T. vanilla. Spread meringue in 9″ x 13″ pan and bake for 1 hour at 275°. Turn off oven and leave in oven until cool—overnight is fine. In top of a double boiler cook 6 egg yolks, 3/4 c. sugar, juice and rind grated of 1 lemon, dash salt and 1/2 c. crushed pineapple, drained. Cook this mixture until thick (5-10 minutes). Let cool. Pour cooled filling over meringue. Cover with Cool Whip and sprinkle with 1/4 - 1/2 c. coconut. Refrigerate overnight or longer. This can be made 2-3 days before serving. It continues to mellow.



Continental Dinner for Four

— David M. Wall —

* Scallop Terrine *

* Veal Scallops *

Sautéd Fresh Green Beans

* Chocolate Mousse *

Wine suggestions: New Fruity Chardonnay or champagne; soft red (California Merlot or an aged burgandy); Sauternes or California Botrytis Sauvignon Blanc .

Scallop Terrine

Serves 4-6

(Note: Make 1-3 days prior to dinner)

4 oz. cooked spinach
1 t. tarragon
1 t. chervil
1/8 t. saffron or 1/4 t. turmeric
2¼ c. heavy cream
1 lb. scallops, rinsed and patted dry
1 egg
1 t. salt (kosher or coarse)
4 oz. cooked salmon, left-over or canned
nutmeg, white pepper, butter, hot sauce

In processor blend spinach, tarragon and chervil until smooth. Reserve and chill. Wash bowl. Combine 1/2 c. cream and turmeric and simmer until dissolved, then chill. Blend scallops, egg, salt with a few drops of hot sauce, a pinch of nutmeg and white pepper. Add 1 c. cream in thin stream over 30 seconds. Blend 30 more seconds. Chill in bowl for 10 minutes. Blend in 1/2 c. more cream over 20 seconds. Remove 2/3 and chill. To remaining 1/3, add 1/4 c. cream over 15 seconds. Stop processor, deflate, and spread in buttered 6 c. terrine. Preheat oven to 350°, add back 1/2 of reserved scallops. Add turmeric cream over 25 seconds and blend well. Stop processor, deflate. Layer 1/2 of salmon over white layer in terrine, then cover with turmeric layer. Wash bowl. Add final 1/3 of scallops and spinach mixture and blend until smooth. Add final layer of salmon and layer spinach scallop mixture on top and smooth. Rap on terrine to expel bubbles. Cover with buttered foil and place on rack in roasting pan. Add warm water to 2/3 height of terrine. Bake until skewer returns clean (usually 1¼ hour). Cool on rack. Cover and age in refrigerator at least 24 hours.

To serve, invert on block and slice with thin sharp knife. Place on lettuce. Make a small amount of mayonnaise flavored with the herbs used (in this case, tarragon and chervil) and dollop about 1 T. on corner of slice.

Note: This is an adaptation of the "Basic Seafood Terrine":

1/2 lb. scallops
2 egg whites and 1 egg
2 c. heavy cream
1/2 lb. fish fillet
1½ t. salt, 1/4 t. pepper, 1 T. lemon juice, dash hot sauce

Veal Scallops

Serves 4

8 slices veal (3/8″ thick)
3 T. oil (preferrably peanut)
3 T. butter
salt, pepper, flour
1 T. minced shallots
2 T. Armanac (or any brandy)
6 oz. dry white wine
1 c. heavy cream
minced parsley

Pound veal very flat. Dust with flour and sauté in hot oil and butter quickly until golden. Season with salt and pepper and transfer to serving dish. Keep warm. Add shallots to pan juice and sauté until soft. Add brandy and flame. Add wine and rapidly boil off until 2½ c. remain. Add cream and boil off until thick (like gravy). Spoon over veal and garnish with minced parsley. Serve with bright vegetable in season, such as green beans blanched and then sauteéd in butter.

Note: Use *only* heavy cream (whipping cream) or creme fraiche (or a pinch of sour cream). NEVER fry with "ultra pasturized cream", half 'n half, milk, condensed milk, etc. They will *all* separate prior to thickening (I have tried them all). This is a super quick way to dress up a family meal. Use boneless chicken breasts (pound only on shiny side). Delete brandy and use chicken broth instead of wine.

Chocolate Mousse

Serves 4

1 c. milk
1/4 t. vanilla extract
2 egg yolks
1/3 c. sugar
12 oz. sweet cooking chocolate
1/3 c. water
1 c. whipping cream, whipped

Whip sugar and egg yolks in sauce pan until smooth. Add milk and vanilla and cook over low heat, stirring constantly until thickened (not critical how thick this custard gets—just stop when it coats the spoon). Melt chocolate in water and whip into custard. Then chill. Just prior to serving whip cream and beat into chocolate custard mixture.

Twelfth Night Dinner

— Ginny Hall Dobbs —

* Champagne Cranberry Sparkler *

* Caviar Cream Cheese Spread *

* Gouda-Shrimp Puffs *

* Pork Chops with Wild Rice *

* Almond-Curried Fruit *

Hard Rolls or Crusty Bread

* Cranberry-Nut Tart *

The holidays are always a fun time to entertain. These recipes make it a much easier job—several may be made the day ahead.

Cranberry Champagne Sparkler

Makes 3½ quarts (approximate)

2 (16.9 fluid oz.) bottles Boggs cranberry liqueur
2 bottles champagne

Chill the cranberry liqueur and the champagne. Mix the ingredients in punch bowl just before serving. May float holly frozen in an ice ring in bowl for a more festive look. This is easy to make and very good.

Gouda-Shrimp Puffs

Makes 3 dozen (approximate)

1/2 c. vegetable oil
1/4 c. butter or margarine
1/2 c. water
3/4 c. plus 2 T. all-purpose flour
3 eggs
dash of hot sauce
1/4 t. salt
dash of pepper
1 c. (1/4 lb.) shredded gouda cheese
1 T. chopped chives
4½ oz. can shrimp, drained and chopped

Heat vegetable oil to 350° in an electric skillet. Melt butter in a medium saucepan; add water, and bring to a boil. Add flour, stirring until mixture leaves sides of pan; remove from heat. Add eggs, one at a time, beating well at medium speed of electric mixture after each addition. Stir in remaining ingredients. Drop mixture by teaspoonfuls into hot skillet; fry about 5 minutes or until golden brown, turning once. Drain on paper towels. May be kept warm in a 200° oven about 1 hour before serving.

Caviar Cream Cheese Spread

Makes 24-30 appetizer servings

2-8 oz. pkgs. cream cheese, softened
3 oz. pkg. cream cheese, softened
1 c. mayonnaise
1 small onion, grated
1 T. worcestershire sauce
1 T. lemon juice
dash of hot sauce
3½ oz. jar black caviar
4 hard cooked eggs, finely chopped
1 c. chopped fresh parsley

Beat cream cheese with an electric mixer until smooth. Add mayonnaise, onion, worcestershire sauce, lemon juice, and hot sauce; beat well. Spoon cream cheese mixture into a shallow serving dish; top with caviar, eggs and parsley. Serve with assorted crackers.

Pork Chops with Wild Rice

Serves 8-10

8 oz. pkg. wild rice (1½ c.)
8-10 lean 1-1½" thick pork chops
1 c. minced onion
3 T. sherry
2-10¾ oz. cans cream of mushroom soup
1 c. water

Cook rice in salted water (1½ qts. water; 1½ t. salt) until rice partially opens (about 15 minutes). Place drained rice in 9" x 13" baking pan. Sprinkle pork chops with salt and pepper. Brown in heavy skillet in butter or oil. Place browned chops on top of rice. Sauté onions until golden in same skillet, drain off fat; add mushroom soup, water and sherry. Bring to a boil, stirring up browned portions for added flavor. Pour over chops and rice. Cover and bake 325° until rice and chops are tender (1-1½ hours). May be made the day before and refrigerated. Bake just before serving. May substitute chicken for pork chops.

Almond-Curried Fruit

Serves 8-10

- 29 oz. can sliced peaches, drained
- 15½ oz. can pineapple chunks, drained
- 16 oz. can pear halves, drained
- 6 oz. jar maraschino cherries, drained
- 1/2 c. slivered almonds, toasted
- 1/3 c. butter, melted
- 3/4 c. firmly packed brown sugar
- 1 T. curry powder

Place first 4 ingredients (fruit) in a 13″ x 9″ x 2″ baking dish. Sprinkle fruit with almonds. Combine butter, brown sugar, and curry powder. Top fruit with brown sugar mixture; bake at 325° for 1 hour. May be made the day before and refrigerated. Add almonds just before baking.

Cranberry-Nut Tart

Yields one 9″ tart

- 1 c. plus 2 T. finely chopped walnuts
- 1/4 c. sugar
- 1½ c. all-purpose flour
- 1/2 c. butter or margarine
- 1 egg, slightly beaten
- 1 t. vanilla extract
- 1 envelope unflavored gelatin
- 1/4 c. cold water
- 3 c. fresh cranberries
- 1 c. sugar
- 1/2 c. red currant jelly
- 1/2 c. whipping cream, whipped

Combine nuts, sugar and flour in medium mixing bowl; cut in butter with pastry blender until mixture resembles coarse meal. Add egg and vanilla, and stir with a fork until dry ingredients are moistened. Press mixture on bottom and sides of a lightly greased 9″ springform pan; chill 30 minutes. Bake at 350° for 15-20 minutes or until golden brown. Cool completely. Pour cranberry mixture into tart shell. Chill several hours. Place tart on a serving platter, and remove rim from springform pan. Garnish with whipped cream.

Valentine Dinner

— Mary Beukema Harms —

* Spinach Balls *

* Fresh Garden Dip with Crackers and Fresh Vegetables *

* Sesame Spinach Salad with Bacon Dressing *

* Apricot Glazed Cornish Hens *

* Wild Rice and Sausage Dressing *

* Broccoli with Orange Sauce *

* Mocha Cream Torte *

Wine, Cinnamon Coffee

Instead of sitting at one large table, four couples dined by candlelight at two small tables of four each. Bud vases were placed at each female guest's placesetting. Strains of Vivaldi provided background music. After dinner we played several hands of hearts . . . after all, it was a Valentine's Dinner.

Spinach Balls

Yields approximately 50 appetizers

2-10 oz. pkgs. frozen chopped spinach
2 c. herb-seasoned stuffing mix
1 c. grated parmesan cheese
6 eggs, slghtly beaten
3/4 c. margarine or butter, softened
1/2 t. seasoned salt
1/2 t. thyme leaves
1/4 t. pepper

Cook spinach according to package directions; drain well. Grease cookie sheets. Heat oven to 350°. Crush stuffing mix into fine crumbs. In large bowl, combine all ingredients; mix well. Shape into 3/4 to 1-inch balls. Place on prepared cookie sheets. Bake at 350° for 10-12 minutes or until set. Serve on toothpicks.

Fresh Garden Dip

Yields 4 cups

2 c. dairy cream
2 c. chopped cucumber
1/2 c. salad dressing or mayonnaise
1/3 c. thinly sliced green onions
1/3 c. shredded carrots
1/3 c. chopped radishes
1/2 t. salt

In large bowl, blend all ingredients; mix well. Cover; refrigerate several hours to blend flavors. Garnish as directed. Serve with assorted vegetable dippers, chips or crackers.

Sesame Spinach Salad

Serves 4

1 lb. (4 c.) cleaned and torn spinach
1 avocado, peeled, seeded, sliced, and dipped in lemon juice to prevent discoloration
2 c. sliced mushrooms
1 small onion, thinly sliced and separated into rings
2 T. sesame seed, toasted (toast in small skillet, med. heat, 3-5 min. or until golden. Stirring occasionally

Arrange spinach in 4 individual salad bowls or plates. Top each with 1/4 of the avocado slices, mushrooms and onion rings. Sprinkle with sesame seed. Serve with bacon dressing (recipe follows). Double recipe for 8 servings.

Bacon Dressing

Yields 3/4 c.

1/2 c. mayonnaise
2 T. lemon juice
1 T. honey
dash salt
2 T. finely chopped onion
4 slices crisp bacon, crumbled

In small salad bowl, combine mayonnaise, lemon juice, honey and salt; blend well. Stir in onion and bacon. Serve immediately. Refrigerate any left-overs.

Apricot Glazed Cornish Hens

Serves 6-12

6 (1-1½ lb.) Cornish game hens
salt
wild rice and sausage dressing (recipe follows)
12 oz. jar apricot preserves
1/2 c. water

Heat oven to 350° F. Remove giblets. Rinse hens; pat dry. Sprinkle cavities with salt. Lightly stuff each hen with about 1 c. dressing. Tie legs together with string. Place in jelly roll pan. In small saucepan combine preserves and water and bring to a boil, stirring constantly; set aside. Bake hens at 350° for 1½-2 hours or until tender; during last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split hens in half for smaller servings.

Wild Rice and Sausage Dressing

5 c. water
2 t. instant chicken bouillon
1½ t. salt
3/4 c. uncooked wild rice, rinsed
1½ c. uncooked regular rice
1 lb. pork sausage
1½ c. chopped celery
3/4 c. chopped onions

In large saucepan, combine water, bouillon and salt; bring to a boil. Add wild rice; cover and simmer 20 minutes. Add regular rice; cover and simmer an additional 25 minutes or until rice is tender and liquid is absorbed. Meanwhile, in large skillet brown sausage, celery and onions; drain. Combine sausage mixture and rice mixture. use to stuff hens. Bake any remaining dressing in covered casserole at 350° for 30-45 minutes or until thoroughly heated.

Broccoli with Orange Sauce

Serves 6-8

1½ lb. broccoli, cut to serving-size spears
2-3 oz. pkgs. cream cheese
1/4 c. milk
1/2 t. salt
1/2 t. grated orange peel
1/4 t. thyme leaves
1/4 c. orange juice
2-3 T. chopped walnuts

In large saucepan, cook broccoli in boiling salted water until crisp-tender, about 10-12 minutes; drain well. In small saucepan, combine cream cheese, milk, salt, orange peel and thyme. Cook over medium heat until smooth, stirring occasionally. Add orange juice; mix well. Place hot broccoli in serving dish. Pour orange sauce over broccoli; sprinkle with nuts. Garnish with orange slices if desired.

Mocha Cream Torte

Serves 10

Crunch layer:

- 1½ c. graham cracker crumbs
- 3/4 c. firmly packed brown sugar
- 1/2 c. finely chopped nuts
- 1 T. instant coffee granules or crystals
- 3/4 c. margarine or butter, melted

Cake:

- 1 pkg. Pillsbury Plus dark chocolate cake mix
- 1¼ c. water
- 1/4 c. margarine or butter, softened
- 3 eggs

Frosting:

- 3 oz. pkg. cream cheese, softened
- 2 T. margarine or butter, softened
- 2 c. powdered sugar
- 1 T. instant coffee granules or crystals
- 1-2 T. half 'n half

Heat oven to 350°. Grease and flour three 8" or 9" round cake pans. In large bowl, combine all crunch layer ingredients until crumbly. Firmly press 1/3 crunch mixture (about 1 c.) into each prepared pan. In same bowl, blend all cake ingredients until moistened; beat 2 minutes at highest speed. Pour batter evenly over crunch layers. Bake at 350°. Bake 9" layers for 25-30 minutes; 8" layers for 30-40 minutes. Cook cake 10 minutes in pans; invert onto cooling racks to cool completely. In small bowl, blend all frosting ingredients until smooth. Place one layer, crunch-side-up, on serving plate; spread with 1/3 of frosting. Repeat. Store covered in refrigerator for 24 hours.

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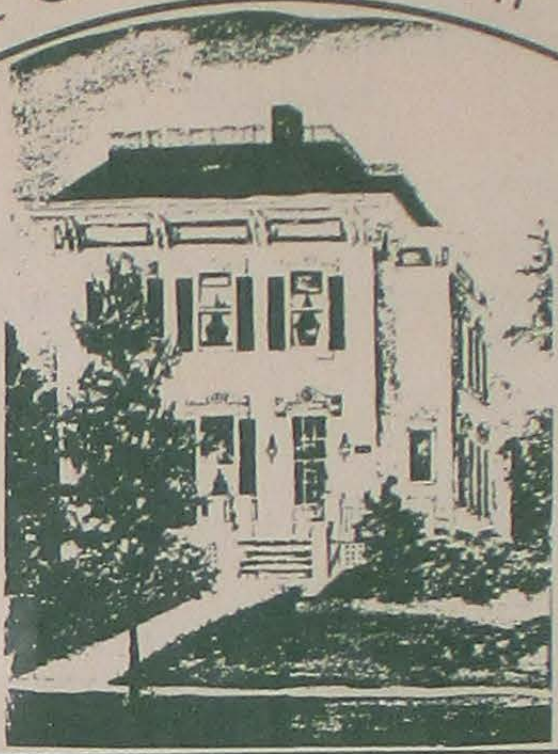


A Traditional Shabbat (Sabbath) Dinner

— Debbie Gitchell —

* Chopped Liver *

* Gefilte Fish *

* Chicken Soup w/Matzah Balls *

* Aunt Helen's Brisket of Beef *

* Noodle Kugel *

* Tzimmes *

* Sabra Salad *

*Shirley's Challah (Shabbat Bread) *

* Old Fashioned Honey Cake *

* Apricot-Raisin Strudel *

Food plays a very important part in the Jewish family life because of the many historical and geographical traditions, as well as the religious laws governing the preparation and serving of food. Traditionally, Jewish people do not eat milk and meat dishes at the same meal. Therefore, I have included 2 menus—one of a meat Sabbath dinner or Rosh Hashanah, the Jewish New Year. The second menu is for a brunch with dairy dishes and perhaps appropriate for warmer weather. (This menu is found in the brunch section)

Mealtime for Jewish families is a highlight for Sabbath and holiday celebrations in the home. The foods are steeped in long standing traditions. The recipes I have given have been handed down to me from family members and friends with roots in Russia and eastern Europe. Jewish people learned to make special foods from the least attractive food stuffs. This stems from the fact that Jews living in the mentioned areas in the 19th and early 20th centuries were not allowed to purchase the finer foods. As an example, liver was left for the Jews to buy. With ingenuity, chopped liver was developed! And now it is called paté!

Chopped Liver

Serves 12 as a spread, 6 as a first course

1 lb. chicken livers
3 medium chopped onions
1/4 c. rendered chicken fat
2 hard-cooked egg yolks
1 t. salt
freshly ground black pepper
a pinch of salt

Wash the livers and dry them on paper towels. Sauté the onions in the fat until brown. Then push them to one side of the skillet and add the livers. Toss them until they have lost their red color. Turn the heat down to medium and simmer the livers for 10 minutes. Remove from the heat. Place all the ingredients in a food grinder using a fine blade. Season with the salt, pepper, and sugar. Taste and adjust the seasoning, if necessary. Serve in small scoops on lettuce leaves as a first course or as a spread for crackers or matzos.

Gefilte Fish

Serves 12-15

1½ lb. white fish
1½ lb. pickerel, carp or pike
2 large onions
1/4 c. matzo meal
3 eggs
1½ t. sugar
1½ t. salt
3 t. pepper
1½ c. cold water

Grind fish and onions, and beat together with remaining ingredients, adding water slowly at the end. Refrigerate while you prepare broth in which to poach the fish.

Broth:
2 onions, sliced
4 carrots, sliced
5 c. water
skins and bones of fish
1 T. salt
1 t. pepper

Combine ingredients in a large soup pot. Bring to boil. With wet hands, form fish mixture into balls, using approximately 1/4 c. (50 mL) fish mixture for each ball. Drop gently into boiling mixture. Cover the pot, reduce heat to medium for a slow boil, and simmer 2 hours. Carefully remove fish balls while hot, and place on a deep platter. Cool in refrigerator but do not freeze. Serve cold with beet horseradish.

Chicken Soup

Makes about 4 quarts

3-4 lb. fryer, cleaned
misc. chicken parts, if available
2 carrots, pared and cut in chunks
2 stalks celery, cut in chunks with yellow leaves, if available
1 onion, quartered
1 bay leaf (or 5 sprigs parsley)
approximately 5 qts. water
1 fistfull coarse salt (Kosher salt)
3 shakes pepper

Put all ingredients in an 8 quart soup pot. Bring to a boil. Skim off all the scum and foam that collects at the top. Keep boiling for 10 minutes so all the scum is removed. This helps the soup be a clear broth. Simmer uncovered for about 4 hours. Soup should cook down an inch or more. Strain soup and store in containers and freeze. Chicken can be used for salad, etc. Unless your chicken is very fatty, it will not be necessary to remove fat collecting at the top of container. Serve hot with matzah balls in each bowl.

Matzah Balls

Serves 8

2 T. chicken fat (rendered)
1/4 t. ginger, ground
1/2 t. salt
1/8 t. pepper
1/2 grated onion
chopped parsley
2 eggs
4 T. water
2/3 c. matzah meal

Blend the first six ingredients. Beat eggs with an electric mixer. Add seasonings with fat, water, and matzah meal. Mix well. Cover and set in refrigerator for several hours. Remove 30 minutes before ready to cook. Make into small balls and cook in boiling salt water for 30 minutes. Cover the pot while cooking. Balls will puff up. One or two per serving of chicken soup.

Sabra Salad

Serves 6

2 large tomatoes
1 large cucumber
1 bunch red radishes
1 bunch of scallions
1 dill pickle
1/4 c. olive oil
1/4 c. chopped parsley
2 T. lemon juice
salt and freshly ground black pepper
2 garlic cloves, finely minced
lettuce leaves

Cut the tomatoes, cucumber, radishes, scallions and pickle into small cubes. Add the oil and parsley. Mix the lemon juice, salt and pepper to taste and garlic, and pour the mixture over the salad. Serve on lettuce leaves.

Note: Seeded and diced green peppers, diced celery and grated fresh kohlrabi may be added to or substituted for any of the vegetables listed above. For those who prefer their salad piquant, hot red peppers may be added.

The definition of a Sabra is a native Israeli. It is also the name of a fruit that grows in the Middle East. It is tough on the outside and sweet and juicy inside. Some say it symbolizes that toughness of the Israeli people, yet underneath they tend to be very compassionate.

Tzimmes

Serves 6

6 canned sweet potatoes, halved
12 dried prunes, soaked in water
12 dried apricots, soaked in water
6 oz. can frozen orange juice
20 oz. can pineapple chunks
1/4 c. butter
brown sugar
maraschino cherries
chopped pecans

Arrange halved sweet potatoes in a shallow baking dish. Arrange prunes and apricots that have been soaked in water for 30 minutes in open spaces. Drain and reserve pineapple juice; arrange chunks in casserole. Blend pineapple syrup and orange juice; heat with butter until melted. Pour over fruit. Sprinkle with brown sugar. Bake at 350° for 1 hour, basting occasionally. Before serving, garnish with sliced cherries and pecans.

Noodle Kugel (Pudding)

Serves 8-10

12 oz. wide egg noodles
1 large egg plus 1 egg yolk
1/4 c. plumped raisins
cinnamon
1/4 c. sugar
1 #303 can applesauce
vegetable shortening

Fill a 6 quart pot with 4 quarts of salted water. Bring to a boil. Add the noodles. When the water resumes boiling, lower the heat to medium, stirring frequently. Eat one to test when just done (about 10 minutes). Drain, run cold water over them, and drain well. Place them in a large bowl. Mix the sugar with enough cinnamon so the mixture is a rich brown. Beat the egg and yolk until frothy. Add the beaten eggs, cinnamon, sugar, and raisins to the noodles. Mix well. Heat 1½ T. vegetable shortening in a 9" x 9" x 2" metal baking pan in a 350° oven. When the shortening is melted remove the pan from the oven. Arrange half the noodles in the pan in an even layer. Spread the applesauce over this. Carefully spoon the remaining noodles over the applesauce. Dot the top with 2 T. vegetable shortening cut into small pieces. Bake in a 350° oven for an hour, until the noodles on top are crisp and brown. Cut and serve while hot. Cool and refrigerate overnight. Cut into portions; wrap them individually in foil. Place them in a tightly closed plastic bag. Freeze. To serve, thaw at room temperature at least 4 hours. Reheat on a cookie sheet (still wrapped in foil) in a 350° oven for 25-35 minutes.

Aunt Helen's Brisket

Serves 10

4-6 lb. brisket of beef
1 pkg. onion soup mix
1+ c. of red wine
garlic powder, thyme

Place brisket on large piece of heavy duty aluminum foil. Put some of soup mix under roast and sprinkle rest on top. Choose appropriate seasonings. Pour wine over roast. Wrap foil into a packet. Place in roasting pan. Bake in 250° oven for 4-5 hours. Slice thin and serve with juices from cooking. This roast is always good reheated.

On the Jewish New Year, I use the basic recipe given and add some honey, cinnamon, and concord grape wine (as the red wine). At this holiday, Jewish people eat food that represents sweetness and goodness in hopes for a sweet new year. This also makes this meat a little more special from other times I serve it.

Apricot-Raisin Strudel

Yields 3 strudel, cut into 12 pieces each

2 sticks butter, cut into pieces
1 c. (1/2 pint) vanilla ice cream, softened
2 c. all-purpose flour
4 T. sugar
3 T. cinnamon
3/4 c. apricot preserves
1 c. cornflake crumbs
1 c. chopped nuts
1 c. golden raisins
milk

Mix butter and ice cream well. Add flour and blend until smooth. Form into a ball. Wrap in plastic wrap and refrigerate overnight. Preheat oven to 350°. Grease baking sheet. Combine sugar and cinnamon and set aside. Divide dough into thirds. Roll one portion out on lightly floured surface into rectangle 1/8 inch thick. Spread some preserves evenly over surface. Sprinkle some crumbs, sugar mixture, nuts, and raisins over top. Roll up, carefully, lengthwise as for jelly roll. Repeat with remaining two sections of dough. Brush tops with milk and remaining sugar mixture. Bake until crisp and golden, 25-40 minutes. Cut through on diagonal, but not all the way through. Cool completely on wire rack. Then slice all the way through and serve. Freezes very well.

Shirley's Challah

Yields 4 loaves

2 pkgs. dry yeast
2½ c. warm water (105°)
6 T. sugar, 2 t. salt
1/3 c. salad oil
4 eggs
8 ⅔ c. flour
1 egg yolk mixed with 1 t. cold water
4 t. poppy seeds

Dissolve yeast in warm water. Add sugar, salt, oil, eggs, and flour. Knead by hand or with dough hook on mixer. Place in greased bowl, cover, let rise in warm place for 1½ hours. Punch down. Divide into fourths. Divide each 4th into thirds to make four braided loaves. Braid each loaf. Turn under ends. Place on greased baking sheet. Let rise in warm place for 45 minutes. Brush tops of loaves with egg yolk mixture and sprinkle with poppy seeds. Bake at 375° for 25-30 minutes.

Old Fashioned Honey Cake

Serves 12

1 c. coffee
1 t. instant coffee
1 T. cocoa
1/4 t. ginger
1/4 t. nutmeg
1/4 t. allspice
1/2 t. cinnamon
2 T. shortening
1 c. sugar
2 large egg yolks
1 t. vanilla
1/2 c. honey
2¼ c. flour
1½ t. baking powder
3/4 t. baking soda
1/2 c. chopped walnuts

Heat coffee with instant coffee, cocoa, ginger, nutmeg, allspice and cinnamon. Cool. Combine shortening, sugar, egg yolks, vanilla and honey. Beat until creamy. Sift flour, baking powder and baking soda together. Add to creamy mixture alternately with the coffee. Blend well. Add nuts. Bake in well-greased and floured tube pan at 350° for 45 minutes. Test to see if cake is done. If not, bake another 10 minutes and check again.

My cousin gave me this recipe and she says it is the real McCoy! And she's right—if you like honey cake! It does freeze well. I make it in a small or nine cup bundt pan.

Dinner for Four

— Pat Fawcett —

* Tarragon Chicken *

* Rice Casserole *

* Broccoli-Cauliflower Panache *

* Tossed Salad with French Dressing *

* Summer Dessert *

All dishes can be prepared ready for baking ahead of time except the chicken. The dessert gets the most compliments because it is pretty and light. It is easy to extend this dinner to six by increasing the chicken and adding a few more strawberries.

Tarragon Chicken

Serves 4

4 chicken breasts, boneless
2-3 T. butter
1/2 lb. mushrooms, sliced
1/2 T. tarragon, chopped
1/2 T. parsley, chopped
2 T. dry white wine or dry sherry
salt and pepper

Season chicken with salt and pepper. Heat butter in pan and brown chicken. Cover over low heat for 15-20 minutes. Do not overcook. Remove pieces to warm serving platter. Add mushrooms to same pan and sauté until lightly browned. Add wine to deglaze the pan. Add tarragon and parsley. Stir mushrooms in well. Pour over chicken and serve.

Rice Casserole

Serves 6-8

1 c. butter
2 c. Minute Rice (uncooked)
1 clove garlic
1 medium onion
4 cans chicken with rice soup

Dice onion, crush garlic clove and add to butter and rice. Sauté until light brown. Pour into buttered casserole dish and add soup. Bake at 350° for 1½ hours. Boneless chicken can be added to this dish before baking to make it a main dish.

Broccoli-Cauliflower Panache

Serves 6-8

1 large head cauliflower
1 large bunch broccoli
2 T. butter
1/4 c. sour cream
salt and freshly ground pepper

Topping:
1/3 c. bread crumbs
3 T. parmesan cheese
1 clove garlic
2 T. butter

Wash cauliflower and break into flowerettes. Cook, covered, in boiling, salted water 7-10 minutes. Drain (reserve water) and place cauliflower in buttered 1½ qt. casserole. Cut flowerettes from broccoli stalks. Peel stalks down to tender pith, then chop coarsely. Cook flowerettes and chopped stems uncovered in cauliflower water for 8-10 minutes. Puree hot cooked broccoli with butter and sour cream. Season to taste with salt and pepper and add to casserole.

For Topping: Melt butter; sauté garlic for a few mintues (do not brown). Remove garlic; add bread crumbs and parmesan cheese. Cover top of vegetables and bake in 350° oven for 20-30 minutes.

French Dressing

Yields 1½ cups

1/2 c. sugar
1/3 c. catsup
1/4 c. vinegar
1 c. cooking oil
1/4 t. celery salt

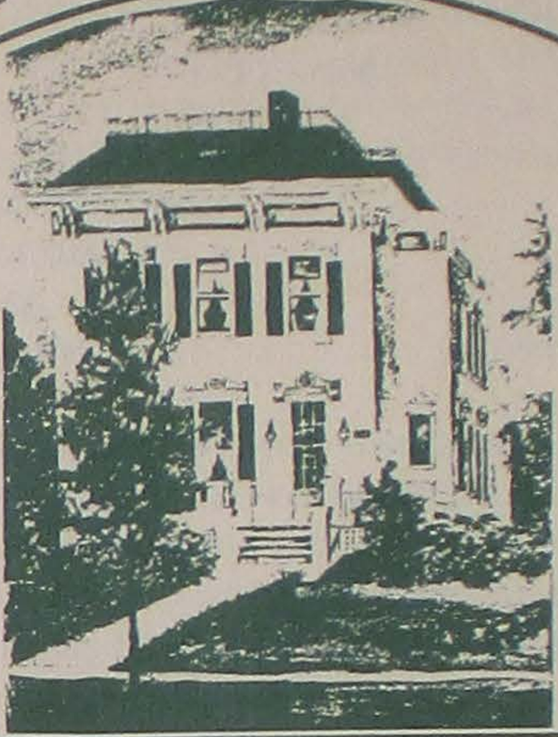
Combine sugar, catsup and vinegar in blender until mixed. Slowly add oil until thoroughly emulsified. Add celery salt. May use celery seed instead of salt. Good on any salad, especially spinach.

Summer Dessert

Serves 4

1 pint fresh strawberries
1 pkg. frozen raspberries
1/2 c. sugar
2 T. grand marnier
lemon or lime juice

Slice strawberries into stemmed glasses (can do ahead). Only slightly thaw raspberries. Place raspberries, sugar, and grand marnier in blender. Blend 10-20 seconds until thoroughly mixed but not melted. Pour evenly over strawberries. Squeeze a little lemon or lime over each and serve. Very light and refreshing dessert.



Spring Evening Dinner

— Tana Sosnouski —

* Spinach-Berry Salad *

* Grilled Fillet of Beef *

* Béarnaise Sauce *

Asparagus Spears

* Exotic Rice *

* Buttery Crescent Rolls *

* Mint Dazzler *

Exotic Rice

Serves 6-8

1 pkg. Uncle Ben's Wild Rice mix
1/2 c. chopped onion
1 c. chopped celery
3 T. butter
1 c. mushrooms, drained
1/2 c. slivered almonds
2 T. soy sauce

Cook rice according to directions. Sauté onion and celery in butter and add to rice. Mix mushrooms and almonds; add soy sauce and stir into rice. Bake in greased 2 quart casserole for 30 minutes at 350°. May be done 24 hours ahead and refrigerated. If so, bake 45 minutes at 350°.

Spinach-Berry Salad

Serves 6-8

Dressing:
  1 c. salad oil
  1/2 c. vinegar
  1/2 c. sugar
  1 t. salt
  3-4 drops tabasco sauce
1 lb. fresh spinach, washed, dried, and stemmed
1 pint strawberries, fresh
6 slices bacon, fried crisp, crumbled
3 sliced green onions

Mix first 5 ingredients in jar. Let stand overnight. Pour over spinach, bacon strawberries and onion and gently toss. Mandarin oranges and toasted slivered almonds are also good in this salad in place of the strawberries.

Grilled Fillet of Beef

Serves 8

4 lb. fillet of beef (beef tenderloin)
3/4 c. olive or peanut oil
1/3 c. tarragon wine vinegar
1 T. leaf rosemary, crushed
freshly ground black pepper
salt

Brush fillet with mixture of oil, vinegar and rosemary. Allow to stand at room temperature for two hours. Sprinkle generously with freshly ground pepper. Build a medium fire or set gas grill to medium. Grill 4" from heat turning and basting often with oil mixture, 40 minutes for medium rare. Remove meat from grill to a heated serving platter and season with salt. Let "rest" 15 mintues. Garnish platter with parsley and serve with bearnaise sauce.

Béarnaise Sauce

Yields 1 cup

- 1/2 c. dry white wine
- 1 T. tarragon vinegar
- 1 T. finely chopped onion
- 1/8 t. freshly ground pepper
- 1 sprig parsley
- 1/2 t. tarragon, crumbled
- 2 egg yolks
- 1/2 c. butter
- dash cayenne
- 1 t. chopped parsley

Combine wine, vinegar, onion, pepper, parsley sprig and tarragon in small saucepan. Bring to boiling and then simmer 10 minutes uncovered until liquid measures about 1/3 c. Strain into cup. Beat egg yolks slightly in the top of a double boiler; stir in 1/3 of the melted butter. Place on top of simmering water. Beat in wine liquid alternately with remaining melted butter with electric hand mixer on medium. Continue beating, keeping over simmering water, until mixture is fluffy thick. Remove from heat at once. Stir in parsley and cayenne. Serve warm and *never* bring to boiling.

Mint Dazzler

Serves 9

- 12 Oreo cookies, crushed
- 1/2 c. butter
- 1½ c. powdered sugar
- 3 eggs
- 3 (1 oz.) squares melted chocolate
- 2 c. heavy cream, whipped
- 1/8 t. mint flavoring
- 1 c. miniature marshmallows
- 1/2 t. vanilla
- 1/4 c. chopped

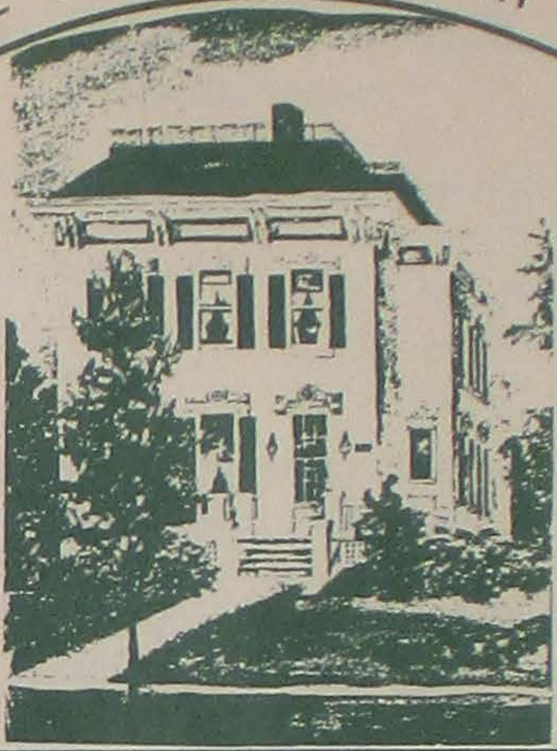
Crush Oreos and reserve 1/4 c. for topping. Line 8" x 8" pan with rest of crumbs. Cream butter, powdered sugar; add eggs one at a time, beating well after each. Add melted chocolate and mix well. Pour over crust. Refrigerate until cool. Add marshmallows and nuts to whipped cream. Add mint flavoring and green food coloring if desired. Pour over chocolate mixture. Sprinkle with reserved crumbs and refrigerate.

Buttery Crescent Rolls

Makes 48 rolls

2 pkgs. dry yeast
1 c. warm water (105°)
3/4 c. evaporated milk
1½ t. salt
1 egg
1/3 c. sugar
1/4 c. melted butter
1 c. chilled butter
5 c. unsifted flour
1 egg beaten with 1 T. water

In large bowl, sprinkle yeast over warm water to soften. Stir in 1 c. flour, evaporated milk, egg, sugar, melted butter and salt. Beat to make smooth batter. Set aside. Cut the chilled butter into remaining flour until butter particles resemble dried kidney beans. Pour yeast over top and carefully turn the mixture over with a spatula to blend just until all the flour is moistened. Cover bowl tightly with plastic wrap and refrigerate until well chilled; at least 4 hours, and up to 4 days. Remove dough to floured board and press into compact ball. Divide dough into 4 equal parts. Shape one part at a time leaving remaining dough wrapped in plastic wrap in refrigerator. To shape, roll one quarter dough on floured board into circle 16" diameter. With a sharp knife cut circle into 12 pie-shaped wedges. For each croissant loosely roll wedges toward point. Shape each roll into a crescent and place on ungreased cookie sheet point down. Allow at least 1½" space around each crescent. Cover lightly and let rise at room temperature. When almost double in bulk, brush with egg and water mixture. Bake 12-15 minutes in 400° oven. These rolls taste just like croissants, but are not nearly as time consuming. They freeze well and may be thawed and reheated—400° for 5 mintues.



Let the Shrimp Be Special

— Betty Doran —

* Shrimp Tempura *

* Tarragon Yellow Beans *

* Twice-Baked Potatoes *

* Conversation Pear Salad *

Betty Crocker Breadsticks

* Lemon Pudding *

The tempura recipe came from a Chinese lady who taught Chinese cooking on the Gold Coast in Chicago. It can be used for any type of fish or for vegetables. She also said that any fish that needed "freshening" up after being in the freezer too long could be soaked in salt and ice water (actually with ice cubes) and then worked with the fingers and drained ***very well*** *on paper towels before using in tempura.*

Conversation Pear Salad

Serves 4-6

1 can pear halves	1½ t. instant coffee
1 pint frozen or fresh raspberries	2 T. mayonnaise
1/2 c. whipping cream	2 T. sugar

Arrange well-drained pears on greens. Beat whipping cream until thick and add sugar, coffee and mayonnaise. Spoon on pears and top with fresh raspberries or well-drained frozen raspberries.

Shrimp Tempura

Serves 4

24 shrimp	3/4 c. water
3/4 c. bisquick	catsup
3/4 c. corn starch	horseradish

Either fresh or frozen shrimp may be used. If shrimp is uncooked, pour boiling water over shrimp and let stand for five minutes. Drain very well on paper towels. Mix bisquick and corn starch and water together. You might want to add a little more water if the coating seems too thick. Heat electric wok to 375° with 1 c. peanut oil until a drop of water sizzles when you drop one on it. Drop half shrimp in and cook until shrimp is light brown. Drain well, and add the rest. Mix catsup and horseradish to taste, or you may want to use regular seafood sauce to dip shrimp in.

Lemon Pudding

Serves 6

1 c. sugar
1 T. butter
juice of one lemon
2 T. flour
1 c. milk
3 eggs

Cream butter, add sugar and flour and lemon juice. Beat egg yolks slightly and add milk and pour into sugar mixture. Beat egg whites and fold into above. Bake at 350° in buttered custard cups sitting in pan of hot water for 1 hour. Turn out when cold and serve with dab of whipping cream on top. This is a light dessert after a large meal.

Twice-Baked Potatoes

Serves 4

4 large Idaho potatoes
small carton creamed cottage cheese
1/2 c. cheddar cheese
salt and pepper

Bake potatoes until done. Then cut a slice off top of each and scoop out potato. Add cheddar cheese to hot potato and enough cottage cheese to the consistency that you desire. Add salt and pepper to taste. This can be done ahead and heated in the microwave or in a conventional oven.

Tarragon Yellow Beans

Serves 4

2-16 oz. cans yellow beans (or fresh)
6 slices bacon, diced
small onion, chopped
1 t. tarragon vinegar
1/2 t. salt
pepper

Sauté diced bacon in skillet until brown. Remove and add onion and sauté until tender. Add seasonings and cooked bacon and pour over beans. I usually do this ahead as it can be heated in microwave. Drain beans well before you toss.

A Lovely Combination

— Linda Dasher —

* Cheese Glazed Chicken Breasts *

Spaghetti tossed with herbs

* Marinated Zucchini Salad *

* Apricot Cheese Cake *

I think you will enjoy serving this meal. The whole thing can be prepared ahead of time to allow you to enjoy family or guests.

Cheese Glazed Chicken Breasts

Serves 8-12

8 whole chicken breasts, skinned, boned, halved
2 T. flour
1/2 t. salt
1 t. pepper
1 t. paprika
2 T. butter
1 T. oil
1/4 c. dry sherry
1 t. cornstarch
3/4 c. half 'n half cream
1/3 c. dry white wine
1 T. fresh lemon juice
1 c. grated gruyere
1 t. paprika

Place chicken breasts in paper bag, one at a time, and shake in a mixture of flour, salt, pepper, and 1 t. paprika. Heat oil and butter in a large skillet. Brown the chicken breasts over moderate heat 5-7 minutes per side. Add the sherry and simmer, covered over low heat 25 minutes or until tender. Blend the cornstarch with the half 'n half. Stir into pan drippings and continue cooking until slightly thickened, about 5 mintues. Add the wine and lemon juice and heat a few minutes more. Sprinkle the cheese over the chicken, cover the pan and remove from the heat for 15 minutes. Place the chicken under a preheated broiler to brown and glaze the top. Transfer the chicken to a preheated platter, dust the chicken with paprika and serve immediately.

The recipe can be made up to the point of adding the cheese and held in the refrigerator up to 24 hours. Preheat in 300° oven until hot, add cheese, then glaze after it is melted. This chicken is excellent served with spaghetti which has been tossed with fresh parsley, basil, butter and parmesan cheese.

Marinated Zucchini Salad

Serves 8

16 oz. can whole baby carrots, drained
1 medium zucchini, thinly sliced
14 oz. can hearts-of-palm, drained and cut in 1/2" slices
bibb lettuce
2 oz. blue cheese, crumbled

Dressing:
- 2/3 c. salad oil
- 1/4 c. white wine vinegar
- 1 small clove garlic, crushed
- 1 t. sugar
- dash of salt and pepper
- 3/4 t. dry mustard

Marinate baby carrots, zucchini and hearts-of-palm in the salad dressing made with rest of the ingredients. Drain and serve on bibb lettuce and top with crumbled blue cheese.

Apricot Glazed Cheese Cake

Serves 10

Crust:
- 1¾ c. crushed graham crackers (about 20)
- 1/4 c. finely chopped walnuts
- 1/2 c. melted butter
- 1/2 t. cinnamon

Filling:
- 3 well-beaten eggs
- 2-8 oz. pkgs. cream cheese
- 1 c. sugar
- 1/4 t. salt
- 2 t. vanilla
- 1/2 t. almond extract
- 1/2 t. almond extract
- 3 c. sour cream

Glaze:
- 10 oz. jar apricot jam
- 1/4 c. sugar
- 1/4 c. water
- 1-2 T. Grand Marnier

Crust: Mix ingredients together. Press on bottom and sides of 9″ spring form pan.

Filling: Combine eggs, cream cheese, sugar, salt, vanilla and almond extract. Beat until smooth. Blend in sour cream. Pour into crust. Bake 35 minutes at 375° or until set. Cool. Chill thoroughly 4 to 5 hours.

Glaze: Combine ingredients over low heat until well-blended. Strain. Let cool, then stir in 1-2 T. grand marnier. Pour over cake when served. Top with fresh strawberries or kiwis.

Midwest Game Dinner

— Scott Huebsch —

* Orange Almond Salad *

* Pheasant in Sour Cream Sauce *

Steamed Broccoli

* Wild Rice Casserole *

* Dilly Bread *

* German Chocolate Cheesecake *

Orange Almond Salad

Serves 6

- 1 head lettuce, torn into bite-size pieces
- 1 c. chopped celery
- 2 T. chopped parsley
- 2 green onions, chopped, including tops
- 1 small can mandarin oranges, drained
- 1/4 c. caramelized almonds

Dressing:

- 1/2 t. salt
- 2 T. red wine vinegar
- 2 T. sugar
- 1/4 c. salad oil
- 2 drops tabasco sauce

Caramelized almonds:

- 2 T. sugar
- 1/4 c. almond slivers

Toss salad ingredients in bowl, except for almonds. Put dressing ingredients in jar and shake to mix. Pour dressing on salad and toss. Just before serving, sprinkle with caramelized almonds.

Caramelized Almonds: Combine almonds and sugar in heavy skillet. Stir constantly over low to medium heat. Mixture will become sticky, but keep stirring to brown and coat almonds.

Dilly Bread

Yields 1 round loaf

- 1 pkg. yeast
- 1/4 c. warm water (105°)
- 1 c. creamed cottage cheese, heat to lukewarm
- 2 T. sugar
- 1 T. instant minced onions
- 1 T. butter
- 4 t. dill seed
- 1/4 t. soda
- 1 t. salt
- 1 unbeaten egg
- 2¼ c. sifted flour

Soften yeast in water. Combine cottage cheese, sugar, onion, butter, dill, soda, and salt in saucepan and heat to lukewarm. Add egg and softened yeast to mixture in bowl. Add flour to form stiff dough, beating well. Cover and let rise until size is doubled; approximately 50-60 minutes. Stir down. Pour into greased 8" (1½-2 qt.) casserole. Let rise for 30-40 minutes. Bake in preheated oven at 350° for 45 minutes.

Wild Rice Casserole

Serves 6-8

1 c. wild rice
1/2 lb. mushrooms, sliced
3 T. minced onions
1/2 c. sliced almonds
3 c. chicken broth
1/4 c. butter

Rinse wild rice under running water using strainer or in a bowl of water; drain. Combine rice, mushrooms, onions and almonds in 2 qt. casserole. Add broth, dot with butter. Cover and bake in 325° oven until rice is tender and liquid is absorbed (about 1½ hours).

Alternative: Microwave 5-7 minutes at full power, stir, then 25-30 minutes at full power.

Pheasant in Sour Cream Sauce

Serves 2-3

3/4 c. flour
1/2 t. salt
1/8 t. pepper
1/4 t. nutmeg
1/8 t. garlic powder
1 pheasant, cut up
2 T. corn oil
2 c. dry white wine
1 c. sour cream

Combine first 5 ingredients in plastic bag. Shake pheasant pieces, several at a time, in bag until well coated; reserve remaining flour. Brown pheasant in oil in skillet. Place pheasant in casserole. Stir 1½ c. wine into skillet. Blend 1½ T. reserved seasoned flour with 1/2 c. wine in small bowl; add to skillet. Cook until thickened, stirring constantly. Blend in 1/2 c. sour cream. Pour over pheasant. Drop remaining sour cream by teaspoonfuls over pheasant. Bake, covered at 350° for 1½ hours or until tender, adding additional heated wine if necessary. Serve with steamed broccoli.

German Chocolate Cheesecake (Part I)

Serves 12

1 c. semi-sweet chocolate pieces
16 oz. cream cheese, softened
2/3 c. brown sugar, packed
2 T. unsweetened cocoa
5 eggs

1 t. vanilla
1 t. almond flavoring

Graham cracker crust (see Part II)
Coconut topping (see Part III)

Melt the chocolate in top of double boiler. Place cream cheese in bowl and beat until fluffy. Gradually beat in brown sugar and cocoa. Add eggs, one at a time, beating after each addition. Beat in melted chocolate, vanilla and almond flavoring. Turn into prepared springform pan and bake at 350° for 45 minutes. Cool and refrigerate overnight. Remove from springform pan and spread with coconut topping.

Graham Cracker Crust (Part II)

1½ c. graham cracker crumbs
2 T. brown sugar

1/4 c. butter, melted

Combine crumbs, sugar and melted butter. Press mixture onto bottom and sides of 9" springform pan. Chill.

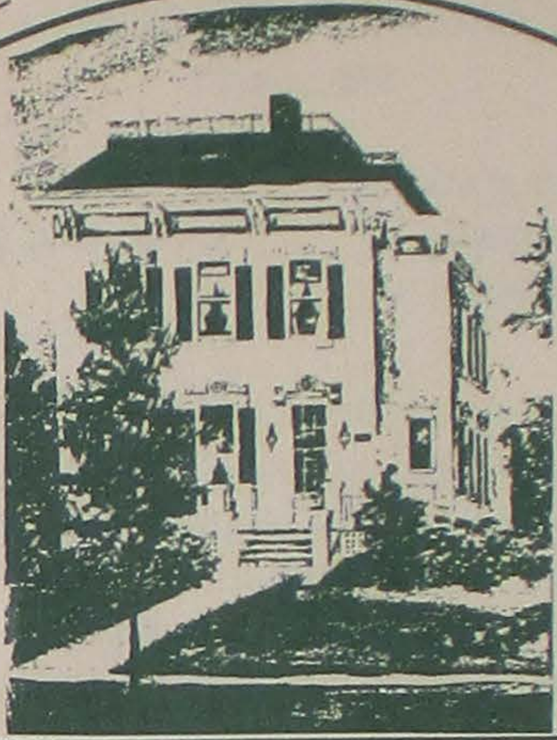
Coconut Topping (Part III)

1/4 c. plus 1 T. brown sugar
1/4 c. plus 1 T. butter
1/4 c. plus 1 T. half and half cream

3/4 c. shredded coconut
3/4 c. chopped walnuts

Combine sugar, butter, half and half, coconut and walnuts in saucepan. Bring to boil and boil 3 minutes. Cool and use to spread on cake.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES



Especially for Four

— Susan Weinkein —

* Clam Fettucine *

* Spinach Avocado Salad *

* Hot Herb Bread *

* Biscuit Tortoni *

This dinner has always been a tremendous success. Although the clam fettucine cannot be prepared in advance, the ingredients can be chopped, sliced, etc. in advance, making the preparation time relatively short.

Clam Fettucine

Serves 4

1/2 c. butter	1 lb. sliced mushrooms, fresh
1 T. olive oil	6-7 T. canned diced green chilies
4 cloves garlic, minced	3-6 oz. cans minced clams
1 T. worcestershire	1 c. sour cream
1/2 c. chopped green onions	homemade fettucine (can be substituted with commercial brand spaghetti
salt and pepper to taste	
2 c. chopped fresh parsley	

Heat butter and olive oil in a skillet. Add minced garlic, worcestershire sauce, salt and pepper to taste and chopped green onion. Sauté about 3 minutes. Stir in parsley, mushrooms and chilies. Sauté about 20 minutes. Add clams and mix well. Cover and simmer 30 minutes. Stir in sour cream. Cover and remove from heat. Let stand 5 mintues. Serve over fettucine or spaghetti. For company, all slicing and chopping can be done in advance. Serve with a tossed green salad and garlic bread. Serve with Chenin Blanc.

Spinach Avocado Salad

1 lb. spinach
1 avocado, sliced
6 slices bacon
2 eggs
Dressing:
  1 egg
  1 T. parmesan cheese
  1½ T. Dijon mustard
  1 t. sugar
  1/4 c. oil (olive oil is best)
  1 lemon, juiced
  1 t. worcestershire sauce
  salt and pepper

Wash and trim spinach, wrap in paper towels and return to refrigerator to crisp. Fry, drain and crumble bacon and set aside. Hard boil and chop eggs, set aside. In mixing bowl combine egg, cheese, mustard, sugar, lemon juice and worcestershire sauce. Add oil, mix or whisk well; add salt and pepper to taste. Do this much of the preparation ahead. When ready to serve, peel avocado and slice it. Toss the spinach and avocado with the dressing, garnish with bacon and hard-cooked eggs.

Hot Herb Bread

1 loaf Italian bread (about 14")
1/2 c. soft butter or margarine
1 t. parsley flakes
1/4 t. oregano, crumbled
1/4 t. dried dill weed
1 clove garlic, minced
grated parmesan cheese

Cut bread diagonally into 1" slices. Blend butter or margarine, parsley, oregano, dill and garlic. Put bread slices together again with butter mixture between. Shape aluminum foil around loaf boat-fashion, twisting ends and leaving top open. Sprinkle top liberally with cheese and parsley flakes. Heat in oven at 400° for 10 minutes.

Biscuit Tortoni

Serves 4-6

2/3 c. fine macaroon crumbs
  (made from amaretti)
1/3 c. confectioner's sugar
1 c. whipping cream
2 T. rum or sherry or 2 t. vanilla
1 egg white

Prepare macaroon crumbs by grinding in blender or crushing with a rolling pin. Set aside 2-3 T. for garnish. Whip cream until soft peaks form; beat in confectioner's sugar and macaroon crumbs, and rum or sherry. Beat the egg white until stiff; fold into cream mixture. Pour into small individual serving dishes (champagne glasses work well). Sprinkle with reserved crumbs. Freeze until firm—about 2 hours. Serve with amaretti macaroons.

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Gourmet Potpourri

— Mary J. Harms —

* Bacon Wrapped Scallops *

* Mushroom Bouchee *

* Raspberry Tangerine Sorbet *

* Poulet a la Creme de Poires et Endives *

* Le Pate de Poireau au Coulis de Tomate *

* Salad Greens with Bleu Cheese *

* Frozen Chocolate Crepes *

Coffee, Wines of your choice

Our gourmet group originally would select a particular country as the theme for the menu. Recently, because we were depleting our list of countries, our menus have been selections of our favorites.

Bacon Wrapped Scallops

Serves 6-8

- 1 c. all-purpose flour
- 1 t. salt
- 1 T. paprika
- 1 t. freshly ground white pepper
- 1 t. garlic powder
- 21 sea scallops
- 1 egg beaten with 1 c. milk
- 1 c. bread crumbs
- 7 bacon strips, cut in thirds

Preheat oven to 400°. Combine flour, salt, paprika, pepper and garlic powder in shallow dish. Roll scallops in seasoned flour, shaking off excess. Dip into egg mixture, then coat with bread crumbs, covering completely. Wrap each scallop in bacon and secure with toothpick. Bake until bacon is crisp and scallops are cooked through, about 20-25 minutes. Serve with cocktail sauce.

Mushroom Bouchee

Serves 6-8

Pastry Cups:
puff pastry dough made with
4 c. flour
1 egg, beaten
1 T. water
Mushroom Filling:
1/2 c. butter or margarine
1½ lb. fresh mushrooms, sliced
1/2 c. finely diced onion
1/4 c. finely diced green pepper
1/4 c. finely diced red pepper
3/4 c. flour
2 c. hot chicken stock
1/4 c. dry white wine
1 egg yolk
1/2 c. whipping cream
salt and pepper
parsley sprigs (garnish)

For Pastry Cups: Roll out puff pastry dough 1/4" thick. With a 3" pastry cutter, cut out 32 circles. With a 2" cutter, cut holes in center of half the disks to form rings. Combine egg with water. Brush rings and disks with egg mixture. Place rings on top of disks. Seal cups by pressing down gently on them. Prick center of each cup with fork. Place on cookie sheets about 1" apart. Refrigerate for 30 minutes until firm to touch. You may also use commercial frozen pastry cups. Preheat oven to 425°. Bake cups until puffed and golden, about 20-25 minutes.

For Mushroom Filling: Melt butter in large skillet. Add mushrooms, onion, green and red peppers and cook until tender but not brown. Mix in flour. Gradually add hot chicken stock and cook until thickened. Stir in wine. Simmer 20 minutes. Blend in egg yolk and cream. Season with salt and pepper to taste. Before guests are seated, pour hot mixture into pastry cups. Garnish with parsley sprigs and serve.

Raspberry Tangerine Sorbet

Serves 8

1 t. grated tangerine peel
5 medium tangerines
10 oz. pkg. frozen raspberries, thawed
1/2 c. light corn syrup
1/4 c. dry white wine

Grate tangerine peel; set aside. Peel tangerines and remove seeds. Combine tangerine sections, thawed raspberries and grated tangerine peel in blender or food processor. Puree until smooth. Place fine strainer over medium bowl. Lightly press through strainer to remove seeds and small pieces of pulp. Stir in corn syrup and wine. Pour into 9" x 5" loaf pan. Cover with foil. Freeze until firm, 3-6 hours. Break into small pieces and pour into food processor. Beat with metal blade until light and fluffy but not thawed. Refreeze 2-3 hours. A small amount is sufficient to cleanse the palate before the next course. It may be served in small stemmed glassware.

Salad Greens with Bleu Cheese

Serves 6-8

3 oz. pkg. cream cheese, room temperature
3 oz. bleu cheese, crumbled
5-6 T. water
1 egg
1 T. plus 1½ t. fresh lemon juice
1 c. vegetable oil
1/4 c. red wine vinegar
2 T. mayonnaise
2 T. chopped chives
1 T. sugar
1½ t. worcestershire sauce
3/4 t. paprika
3/4 t. salt
1/2 garlic clove, crushed
1/4 t. prepared hot mustard
1/4 t. white pepper
8 c. torn salad greens
1 hard-cooked egg, chopped
seasoned salt
freshly ground pepper
8 anchovy fillets (garnish)

Beat cheeses in small bowl until smooth. Beat in water 1 T. at a time until mixture is pourable. Set aside. Combine egg, lemon juice and 1/4 c. oil in blender and mix on medium speed 15 seconds. Increase speed to high and add remaining oil in slow steady stream, stopping occasionally to scrape down sides of container. Add vinegar, mayonnaise, chives, sugar, worcestershire sauce, paprika, salt, garlic, mustard and white pepper and blend until smooth. Combine salad greens in large bowl with enough dressing to coat. Sprinkle with hard-cooked egg and seasoned salt and toss gently. Add 2-3 T. cheese mixture and pepper to taste and toss again. Garnish with anchovies.

Remaining dressing and cheese mixture can be covered and refrigerated for up to 2 weeks.

Frozen Chocolate Crepes

Serves 10

- 2 eggs
- 1/2 c. flour
- 1/4 c. sugar
- 2 T. cocoa
- 1 c. milk
- 1 T. melted butter
- 1 t. vanilla

Combine all ingredients in blender and mix on a low speed just until blended. Do not overblend. Let batter stand, covered, 1 hour before making crepes. Put crepe pan over high heat and brush with melted butter. Pour about 1/4 c. crepe batter into pan—swirl to coat bottom of pan—cook one minute or until bottom of crepe looks dry and is slightly browned. Turn out onto waxed paper and cool. Place about one heaping tablespoon chocolate mousse on each and roll. Place seam side down on baking sheet and freeze. When completely frozen, wrap carefully and keep in freezer until ready to serve. To serve, place one or two crepes on dessert plate and spoon Creme Anglaise over top.

Creme Anglaise:

- 4 egg yolks
- 1/2 c. vanilla sugar
- 1 vanilla bean
- 1½ c. half and half

Combine yolks and sugar and beat until light and fluffy. Place half and half and vanilla bean in sauce pan and bring to boil, remove vanilla bean and pour half and half into egg mixture, beating constantly. Cook over low heat, about 15 minutes, until custard coats spoon. Serve over crepes.

Chocolate Mousse:

- 2 c. (12 oz.) semisweet chocolate chips
- 1½ t. vanilla
- pinch of salt
- 1½ c. whipping cream, heated to boiling point
- 6 egg yolks

Combine chocolate, vanilla and salt in blender and mix 30 seconds. Add boiling cream and mix until chocolate is melted. Add yolks and mix well. Cover with plastic wrap and chill. Fill crepes and freeze.

Le Pate de Poireau au Coulis de Tomate
(Leek Pate with Puree of Fresh Tomato)

Serves 8

Pate:
- 12-14 large leeks, white and tender green part only, plus 6 outer leaves
- 2 qts. (8 c.) rich chicken stock
- bouquet garni (2 garlic cloves, 1 t. dried thyme and 1 bay leaf tied in cheesecloth bag)
- 4 envelopes unflavored gelatin

Sauce:
- 1/4 c. (1/2 stick) unsalted butter
- 1 bunch celery, thinly sliced
- 1 small carrot, thinly sliced
- 1 small onion, thinly sliced
- 4 large tomatoes, peeled, seeded
- 1 T. sugar
- 1 t. minced parsley stems
- 1/4 t. dried thyme
- 1/4 t. crumbled bay leaf
- salt and freshly ground pepper

watercress sprigs (garnish)
tomato roses (optional)

For Pate: Clean leeks thoroughly. Combine stock and bouquet garni in Dutch oven and bring to boil. Add leeks (including 6 reserved leaves) and cook until tender, about 10-12 minutes. Drain well; discard bouquet garni. Return 1 qt. stock to pan (chill or freeze remainder to use as desired). Sprinkle gelatin over warm stock and stir to dissolve. Return leeks to stock and mix well. Quickly drain leeks. Layer lengthwise into 12″ x 4″ enameled pate pan or 9″ x 5″ glass bread pan or rectangular mold. When mold is about half full, wrap leek leaves into single cylinder and set in center of mold. Continue until mold is full. Set weight on pate and press to make leeks compact. Refrigerate until set.

For Sauce: Heat butter in large skillet over medium heat. Add celery, carrot and onion and sauté lightly. Add tomatoes, sugar and herbs and simmer uncovered until mixture has thickened, about 20 minutes. Puree in blender or press through a strainer. Season with salt and pepper to taste. Chill.

To Serve: Unmold pate and slice 1/4″-1/2″ thick. Spoon sauce on plates and top with slice of pate. Garnish with watercress and tomato rose, if desired.

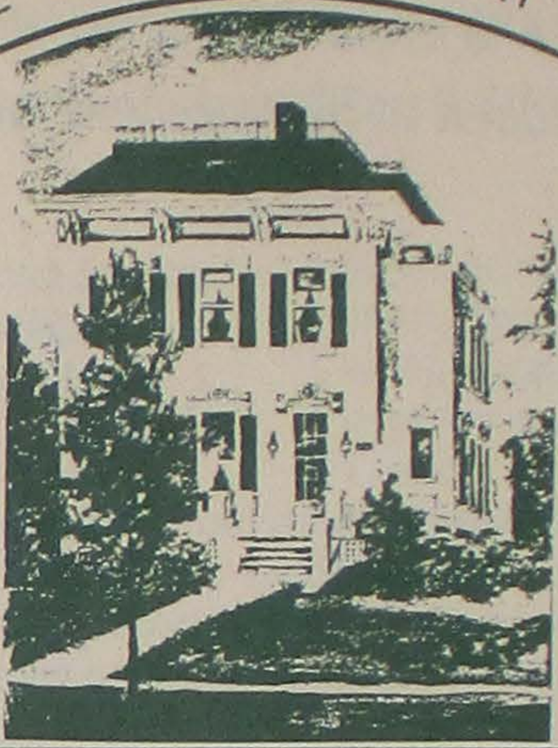
To make tomato rose: Peel the tomato in one strip. Roll to make it appear like a rose. It rather forms itself.

Poulet a la Creme de Poires et Endives
(Chicken with Pears and Endive)

Serves 2

2 c. chicken broth
2 ripe pears
4 chicken thighs or 2 chicken breast halves, skinned
salt and freshly ground white pepper
1 c. whipping cream
1 head Belgian endive, coarsely diced

Bring chicken broth to simmer in medium saucepan. Peel and core pears; reserve peel. Cut pears in uniform pieces and add to broth. Poach, uncovered, until tender. Drain, reserving broth. Transfer pears to processor or blender and puree until smooth. Combine broth and pear peelings in saucepan and bring to simmer. Season chicken with salt and pepper to taste. Add to broth, cover and poach until just tender. Keep chicken warm in broth. Boil cream in saucepan until reduced to 1/2 c. Add pear puree and heat through. Strain through sieve. (Consistency should be like medium white sauce; if it seems too thick, stir in small amount of poaching liquid to thin.) Make bed of endive on each plate. Top with chicken and cover with sauce.



An American Feast

— Tari Grundmann —

* Asparagus Roll-ups *

* Frozen Fruit Salad with Honey Dressing *

* Breast of Chicken Supreme *

* Scalloped Tomatoes and Artichoke Hearts *

* Wild Rice Casserole *

This menu has been used in its entirety and separately and always enjoyed. It's easily prepared and presents elegantly. Add a favorite dessert as desired.

Frozen Fruit Salad with Honey Dressing

Serves 8-9

2 c. fruit cocktail
1 c. mandarin orange sections
1 pkg. (3 oz.) lemon gelatin
2 T. lemon juice
1/2 c. mayonnaise
1/2 t. salt
1 c. miniature marshmallows
1/2 c. whipping cream
lettuce

Honey Dressing:
1/2 c. vinegar
1/4 c. sugar
1/4 c. honey
1 t. dry mustard
1 t. paprika
1 t. celery seed
1 t. celery salt
1 t. onion juice
1 c. vegetable oil

Lightly oil 8" square pan. Drain fruit cocktail and orange sections, reserving 1 c. fruit juice. Heat fruit juice, add gelatin, and stir until dissolved. Add lemon juice and chill until partially set. Fold in fruit cocktail, orange sections, mayonnaise, salt, and marshmallows. Whip cream and fold in. Turn into mold. Freeze until firm.

Honey Dressing: Mix vinegar, sugar, honey, mustard, paprika, together, boil 3 minutes and cool. Add celery seed, salt, onion juice and vegetable oil. Beat vigorously. If refrigerated, shake well before using.

Asparagus Roll-ups

Serves 4

3-4 slices white bread	frozen asparagus spears
1/4 c. mayonnaise	2 T. butter
1/4 c. softened cream cheese	paprika

Remove crusts from 3-4 slices of white bread. Roll thin with rolling pin. Spread one side with mixture of equal parts mayonnaise and softened cream cheese (soften cream cheese in microwave 30-45 seconds). Roll each bread slice around a cooked asparagus spear. Dip in melted butter. Sprinkle with paprika. Cut into thirds. Microwave 1 minute on high. I usually double the recipe; serves 4 for appetizers.

Wild Rice Casserole

Serves 6-8

1 c. wild rice	1 large can mushrooms, drained
1 large onion, chopped	1/4 c. chicken boullion, dry

Rinse wild rice well, cover with boiling water and wait 30 minutes. Drain, repeat process 2 more times. Drain. Add onion, mushrooms, chicken boullion to rice in a 1½ qt. casserole. Fill remaining space in casserole with boiling water. Bake 350°-375° approximately 1½ hour covered. Bake until excess liquid is absorbed.

Breast of Chicken Supreme

Serves 6

3 chicken breasts, boned	3/4 c. white cooking wine
salt to taste	5 oz. can water chestnuts, drained and sliced
pepper to taste	3 oz. can mushrooms
1/4 c. butter	2 T. chopped green pepper
1 can condensed cream of chicken soup	1/4 t. thyme

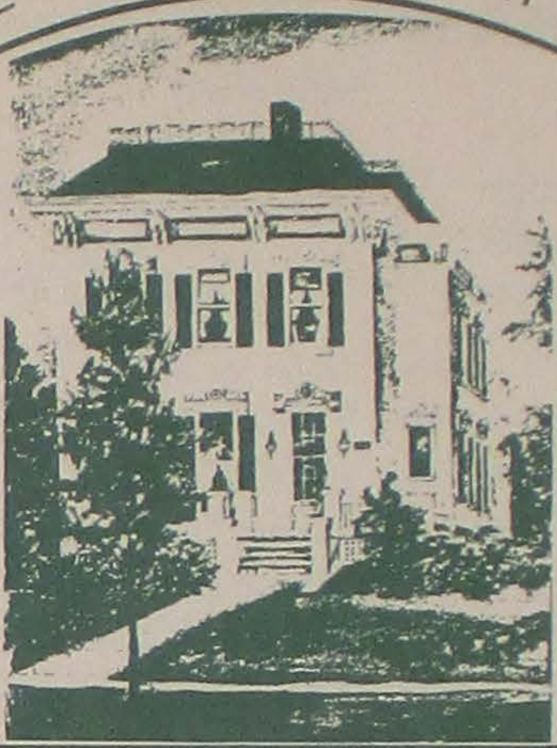
Brown chicken in 1/4 c. butter slowly in skillet. Put chicken in baking dish, brown side up. Add soup to drippings in skillet. Add wine and stir until smooth. Add remaining ingredients to mixture in skillet. Heat to boiling and pour over chicken. Cover and bake at 350° for 25 minutes. Uncover and continue cooking for 25 minutes. Can be served over wild rice casserole.

Scalloped Tomatoes and Artichoke Hearts

Serves 6-8

1-2 lb., 3 oz. can tomatoes
14 oz. can artichoke hearts
1/2 c. onion, finely chopped
2 T. shallots, finely chopped
1/4 lb. butter
1/2 t. leaf basil
2 T. sugar
salt to taste
pepper to taste

Preheat oven to 325°. Grease shallow casserole. Drain tomatoes and artichokes, rinse artichokes in water and quarter. Sauté onions and shallots in butter until tender. Add tomatoes, artichokes, and basil, heat 2 or 3 minutes stirring gently. Season with sugar, salt and pepper. Turn into prepared casserole and bake 350° for 10-15 minutes or until heated through.



Before-the-Concert Dinner

— Maridee Hegstrom —

Clos du Val Cabernet Savigon 1978

* Artichoke Heart Tarts *

* Neiman Marcus Cantaloupe-Tomato Soup (chilled) *

* Roast Lamb with Herb Mustard Glaze *

* Sesame Spinach *

* Walnut Salad *

French Bread

* Brandied Cream *

Coffee

It's always a race against the clock when entertaining orchestra members before the concert—so the menus always have to be simple and easy to assemble if I want to have time to converse with the guests. Violinists usually eat more than wind instrument players. When entertaining foreign orchestra members I always add a wild rice casserole to the menu—a simple one with no sour cream or other "fillers" so they can enjoy the wild rice flavor. Just mushrooms, chicken broth (to cook the rice) and simple seasonings. No heavy desserts—just a little something in a small container seems to be enough to call it a dessert. A long cocktail hour is not necessary or wanted by musicians (unless they aren't playing that night!) It's more fun to converse around the dining table during dinner.

Artichoke Heart Tarts

Serves 8-10

- 2-8 oz. jars marinated artichoke hearts
- 1 chopped onion
- 1 clove garlic, minced
- 1½ lb. cheddar cheese, grated
- 2 t. dried parsley
- 4 eggs
- 1/4 t. salt
- 1/4 c. fine bread crumbs
- 1/2 t. pepper
- 1/2 t. oregano
- 1 t. tabasco

Cut artichoke hearts into small pieces. Use the marinade of 1 jar to sauté the hearts, onion and garlic in a skillet. Beat eggs. Add artichoke mixture and rest of ingredients. Pour into shallow 8" x 11" casserole. Bake 30 minutes at 350° or until set and fork comes out clean. Cut into squares; serve with toothpicks. Can be made ahead and refrigerated overnight—then bake and keep warm before guests arrive.

Neiman Marcus Cantaloupe-Tomato Soup

Serves 6-8

1-2 fresh cantaloupe, enough for 2 c. of small melon balls
1 c. cucumber, peeled, seeded and diced
2 T. lemon juice
1 T. grated lemon rind
1 c. sour cream
5 c. tomato juice
2 t. basil
1/2 c. grated onion
white pepper and salt
4 slices bacon

Scoop melon balls over a bowl to save juice. Add cucumber, lemon juice, rind and sour cream. Stir well. Add tomato juice, basil, onion, and salt and pepper to taste. Mix; cover; chill in refrigerator. Fry bacon, crumble; garnish soup before serving. Serve in small chilled bowls before dinner.

Walnut Salad

Serves 6

1/2 c. walnuts, chopped
1/2 c. salad oil
1/4 t. crumbled rosemary
1/2 t. crumbled basil
1/4 t. salt
3 T. grated Romano cheese
2 T. ketchup
1½ T. lemon juice
1 t. onion salt
1 t. brown sugar
1/2 t. seasoned peper
1½ qts. torn lettuce
1-2 oranges or tangerines, peeled, membranes removed, sectioned

Toast walnuts with basil and rosemary in 1 T. of the oil for 8-10 minutes stirring frequently because they can burn before you know it! When light brown, remove. Sprinkle with salt and cheese. Cool. In a jar mix rest of oil, ketchup, lemon juice, onion salt, brown sugar and pepper. Shake well. Toss greens with oil mix. Sprinkle nuts over and toss again. After greens are put onto salad plates, arrange orange or tangerine sections on top. Could use mandarin oranges if you prefer.

Roast Lamb with Herbed Mustard Glaze

Serves 8

6-7 lb. leg of lamb (when boned)
snippets of garlic
1 c. prepared mustard (plain yellow
or Dijon)
3 T. soy sauce
1 T. ground ginger
2 t. ground mint
handful of capers

Stick lamb all over with garlic snippets—can be done the day before. Put lamb on rack in shallow baking pan. Roast 325°for 1 hour. Combine all ingredients and spread over lamb. Roast 2 hours longer or until tender. If you like it pink, roast 25 minutes per pound. Baste with drippings once or twice. Throw in capers after skimming off fat. Can heat juices and capers in pan and serve as sauce.

Sesame Spinach

Serves 8

1/3 c. sesame seeds
4-10 oz. boxes frozen spinach
2 pints sour cream
2 pkgs. Lipton onion soup

Toast the sesame seeds. Mix sour cream and soup mix and let stand while spinach thaws. Mix spinach and sour cream mixture and pour into casserole. Bake 325° for 45 minutes. Garnish with sesame seeds before serving. Can be baked ahead and zapped in microwave at dinnertime.

Brandied Cream

Serves 8-10

1 pint French vanilla ice cream
6 T. brandy
2 c. whipping cream, whipped

Let ice cream soften enough to be whipped. Then whip in the brandy, fold in the whipped cream. Serve in small bowls, cups or parfait glasses. Should be cold and frothy. This can be whipped with a hand mixer but should not go into the blender. Can cut recipe in half to serve smaller portions. Can also be used as a sauce over a compote of fresh or canned fruit.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

THE STEPHENS TRADITION

Dining International

The Stephens Tradition

Scherenschnitte, the German word for paper-cutting, was learned by Linda Emmerson in Switzerland several years ago. Although it started as a hobby, it has turned into more than that now. She is a free lance graphic designer and illustrator. Linda was commissioned to do this paper-cutting as part of a C.Y. Stephens souvenir brochure. It features the many activities that take place at the C.Y. Stephens Auditorium.

THE STEPHENS TRADITION

An Evening in India

— Terri Lund —

* Vegetable Cutlets *

* Puris (Puffed Breads) *

* Mung Dal (Mung Soup) *

* Lemon Rice *

* Curried Vegetables with Coconut *

* Gulab Jamun *
(Sweet milk balls in rose flavored syrup)

* Spiced Indian Tea *

This menu is on the exotic side of entertaining, but is well worth the effort! Most people don't really know what Indian cuisine truly is and this is a wonderful example. Impress your most discriminating guests with this unique menu even a vegetarian can enjoy! Good eating!

Vegetable Cutlets

Makes about 18-20

3 potatoes, peeled, roughly chopped
1 carrot, scraped and diced
2-3 slices cooked beet root, diced
1/4 scant c. frozen peas
1/4 t. whole cumin seeds
1/4 t. red pepper
1 t. coriander powder
salt to taste
2 T. fresh coriander leaves, optional
2 T. raisins, optional
2 T. raw cashews, optional
2 c. bread crumbs
oil to fry
1 beaten egg

Boil potatoes with carrots in salted water until soft. Drain. Mash roughly with potato masher. Add remaining ingredients, except for oil, bread crumbs, and egg. Mix well, then add a handful at a time of crumbs until you have a soft dough. Form into oval or geometric shapes about 2½"-3" long and 1/2" thick.

To Fry: Pour enough oil in a small skillet to cover top of cutlet. Heat to about 350°F. Dip each cutlet in egg then coat in remaining bread crumbs. Fry until golden brown, 2 or 3 at a time. Drain on paper towels.

To Roast: Heat a heavy skillet until very hot. Brush with oil and toast cutlets that have only been breaded (no egg) until very brown. Turn and add a little oil around edges and toast the same as the first side.

Puris (Puffed Breads)

Makes 12-14

- 1 c. whole wheat pastry flour or
  1/2 c. regular whole wheat flour
  and 1/2 c. white flour
- 1/4 t. salt
- 1 T. vegetable oil
- 1/4 c. water
- vegetable oil for frying

Combine flour, salt and oil in a large mixing bowl. Add water and blend with your hands until dough binds together. If the dough seems too dry and flakey, add a teaspoon or so of water to dough and continue kneading until you have a smooth dough. Divide dough into 12-14 equal pieces. Roll each piece into a ball and flatten between the palms of your hands. Place a few drops of oil on rolling surface and roll each piece out to a 4" diameter circle. Try to roll as neat a circle as possible because this will affect how well puris will puff when cooked. Spread them out on a dry surface. Pour oil in a shallow pan or wok to deep fry. One by one cook puris until golden brown. Drain well.

Curried Vegetables with Coconut

- 1/4 c. vegetable oil
- 3 cloves minced garlic
- 1 T. fresh ginger root, minced
- 1/2 c. chopped onion
- 1 t. black mustard seeds
- 2 T. coriander powder
- 1/2 t. turmeric
- 1/4-1/2 t. red pepper
- 1 c. thin-sliced carrots
- 1/2 lb. string beans cut in 1" lengths
- 1 c. sliced green onion
- 2 green peppers, cut into strips
- 1 small hot green chili, minced
- 1/2 c. flaked unsweetened coconut
- 2 c. water
- 1½ t. salt
- 2 t. sugar
- 1/4 c. sliced pimiento pepper
- 2/3 c. yogurt

Heat the oil in a large, heavy bottom pot and sauté the garlic, onion, and ginger in it until the onions begin to show color. Add mustard seeds, coriander, turmeric, and pepper, and stir over medium heat for about 2 minutes. Add carrots, string beans, green onion, green pepper, and green chili and toss with spices for a few minutes, then add coconut, water, salt, and sugar. Stir well, cover, and simmer for about 20 minutes. Remove the lid and continue simmering, stirring often until the liquid has reduced by half. Stir in pimiento and yogurt, cook a few minutes more on high heat. Taste, correct seasonings if necessary and serve.

Mung Dal

Serves 4-6

1 c. mung beans
water to cover
salt to taste
1-2 T. oil
1/2 t. black mustard seeds
1/2 t. whole cumin seeds
1 medium onion, chopped
1/2 - 3/4 c. tomatoes with juice
1 garlic pod, optional
1½ t. minced ginger root
1 t. coriander powder
1/2-1 t. red pepper
pinch turmeric powder
1-2 T. butter
1/2 t. garma masala
2-3 T. lemon juice

Garma masala can be made at home by combining equal amounts of cloves, cinnamon and cardamon pods. Toast at 200° for about 30 minutes, stirring them once or twice. Grind to a fine powder and store in a tightly closed jar. It will stay fresh for months.

Mung is available in health food sections in the grocery stores.

Wash mung thoroughly, picking out all foreign objects. Cook in large sauce pan with salted water to cover twice. Cook until tender. While mung cooks, heat the oil in a medium skillet. Add mustard and cumin. When mustard stops popping add onion, garlic and ginger root. Cook until onion is nice and soft and beginning to turn brown. Add to the cooked mung along with remaining ingredients up to red pepper. Simmer for 5-10 minutes or until ready to serve. Right before serving add butter, masala, and lemon juice. Taste to correct seasoning and serve with fresh coriander leaves sprinkled on top if desired. Serve with rice or Indian flat bread such as puri.

Lemon Rice

1 c. long grain white rice
1 t. salt
pinch turmeric
1-2 T. chana dal or split yellow pea
1/4 t. black mustard seeds
1/3 c. peanuts
juice of 1 lemon
2 T. fresh coriander leaves, optional

Wash rice with warm water until it rinses clear. Cook in medium sauce pan with 2 c. water, salt and turmeric. Bring to a boil then cover and lower heat. Cook 20-30 minutes or until water is absorbed. Do not lift lid until you think it's ready. Set aside to cool. In a little oil, fry dal, mustard and peanuts until lightly brown. Add to rice along with lemon juice and coriander leaves.

Gulab Jamun

Makes about 20

1 c. instant dry milk powder
1/4 c. flour
2 pinches baking soda
3 T. melted butter, cooled
3-4 T. milk
1½ c. sugar
3 c. water
5 bruised cardamon pods
2 T. rose water
butter-flavored shortening to fry

In a bowl combine dry milk, flour, baking soda, and melted butter. Evenly distribute butter in mix. Add milk and knead dough to form a very stiff dough. If the dough is too stiff, add a little water up to 1 T. You should have a smooth dough. Break off pieces of the dough about 1½ t. in size. Roll into balls (about 20) and set aside. In large skillet, cook sugar, water, and cardamon pods until sugar has dissolved. Set aside. Melt shortening and cook each ball slowly until the color of almond skin. Drain on paper toweling. Place all the balls in the syrup and simmer until balls have doubled in size, and soft and spongy. Add the rose water when slightly cooled. Serve at room temperature or slightly cool with almond slivers or pistachio pieces.

Spiced Indian Tea

Serves 6-8

3 c. milk
3 c. water
2 cardamon pods, slightly bruised
6 tea bags or 3 T. loose tea
sugar to taste

Mix all ingredients in a kettle or medium to large sauce pan. Bring to a boil at medium high heat, watching pot carefully not to boil over. Stir occasionally to prevent burning on bottom. Strain if necessary, into tea cups. This is excellent after a spicy meal to help aid digestion.

THE STEPHENS TRADITION

Italian Festa

— Gilda C. Hansen —

* Risotto with Shrimp Sauce *

* Saltimboca *

* Peas with Onion Sauce *

* Stuffed Tomatoes *

* Sardinian Meringue *

When preparing Italian menus, especially for an Italian "festa", decorations for the table are generally in red, white and green (the national colors of Italy) as for example, carnations in those three basic colors can be the centerpiece flanked by red or green candles. Tablecloths and napkins are often interchanged in those three colors. Soft Italian music in the background provides an ethnic feeling. Italian meals served in my home to a variety of guests, national and international, have elicited enthusiastic compliments, enough to keep the cook in the kitchen preparing more and more of the varied delicious Italian menus.

Shrimp Sauce

Serves 6

2 T. olive oil
1 T. butter
1 shallot, finely chopped or 2 T. green onion, finely chopped
3/4 c. dry white wine
1/4 t. basil
1/4 t. oregano
1/4 t. salt
pinch of white pepper
3 T. tomato sauce
2 T. chopped parsley
1½ lbs. medium shrimp, shelled, and deveined
extra chopped parsley for decoration

Heat oil and butter in sauce pan. Add chopped shallots or green onions. Cook until onions are soft and translucent. Add wine and seasonings. Simmer 3 minutes. Add tomato sauce and parsley. Simmer 5 minutes. Add shrimp. Bring to boil and simmer about 2 minutes. Put risotto (rice) in plates and pour shrimp sauce over it. Garnish with parsley.

Risotto

Serves 6

3-3½ c. chicken broth
4 T. butter
2 T. onion, finely chopped
1½ c. rice
1 t. salt
1/2 c. parmesan cheese, grated

Bring chicken broth to a boil. Heat butter in a saucepan, add onions and sauté until soft and translucent. Add rice and stir until well coated with the butter. Sauté a minute or two, then add 3/4 c. of hot broth. Cook and stir until broth is absorbed. Do not let rice stick to bottom of pan. Add another 3/4 c. hot broth and stir until it is absorbed. Continue this procedure and cook until rice is tender or "al dente". Add parmesan cheese. Stir to mix. Serve with shrimp sauce.

Saltimboca

Serves 6

- 2-2½ lb. veal sirloin; chicken breasts (skinned and boned) or turkey slices may be substituted
- 3/4 c. unsalted butter, melted
- salt and pepper to taste
- 6 slices prosciutto
- 6 slices fontina or gruyere cheese
- 12 pieces fresh sage or 1/2 t. dried
- 8 parsley sprigs, leaves only
- flour
- 3 T. olive oil
- 2 T. butter
- 1½ c. dry white wine

Cut meat into 12 slices. Place between pieces of wax paper and pound as thin as possible. Salt and pepper meat. Spread some melted butter over 6 of the slices. Place 1 slice of prosciutto and 1 slice of cheese over the 6 slices. Spread some more of the melted butter over cheese. Top cheese with 2 fresh sage leaves or a pinch of the dry sage. Sprinkle parsley evenly over the 6 pieces. Top with the remaining 6 pieces. Press edges together to seal with a knife handle. Spread more butter over veal. Flour outside of the 6 "packets". Heat butter and oil in a large skillet. Add "packets" of veal. Sauté over high heat for 5 minutes or until brown. Turn over. Cook about 3 minutes more. Add the wine and cook for 5 minutes, covered, or until veal is soft. Do not over cook.

Stuffed Tomatoes

Serves 6

- 6 large ripe tomatoes
- 3/4 c. bread crumbs
- 3 T. parsley, chopped
- 4 T. chives, chopped
- 1 t. basil
- 1 small garlic clove, minced
- olive oil
- salt and pepper to taste

Cut tomatoes in half. Remove pulp and put in a bowl. Salt and pepper tomatoes. Mix together bread crumbs, parsley, chives, basil and garlic. Add to tomato pulp and stir. Fill tomato halves with this mixture. Dot fillings with olive oil. Put tomatoes in greased pan. Bake at 375° for 20-25 minutes.

Peas with Onion Sauce

Serves 6

1 lb. pkg. frozen peas, petite size preferred
1/2 c. water
1/2 t. salt
1/2 t. sugar

Sauce:
- 3 T. butter
- 3 whole green onions, chopped
- 1/2 red onion, chopped

Peas: Bring water to boil. Add salt and sugar. Boil peas for about 5 minutes.

Sauce: In a small sauce pan, heat butter, add onions and sauté about 5 minutes or until onions are tender. Add to cooked peas. Stir well.

Sardinian Meringue

Serves 6-8

Meringue:
- 4 egg whites
- 1/4 t. cream of tartar
- 1/4 t. salt
- 1 c. sugar

Filling:
- 1 t. instant coffee or espresso
- 4 T. coffee liqueur
- 2 c. whipping cream, whipped stiff
- 1 large bar chocolate with hazelnuts or almonds, broken into small bits

Meringue: Beat egg whites with cream of tartar and salt until foamy. Gradually add sugar, 1 T. at a time until meringue is very stiff. Divide meringue in half. Cut two 8″ circles out of wax paper. Place on cookie sheet, grease and flour them. Put 1/2 meringue mixture on one circle—keep top flat. Place remaining 1/2 meringue on 2nd circle and form peaks on its top. Bake at 250° for 1¼ hours. Leave in oven for a while. Gently loosen and remove wax paper from meringue.

Filling: Mix coffee and liqueur. Fold in whipped cream, then chocolate bar pieces. When meringue is cooled, put filling over top of the flat meringue half. Place peaked meringue over filling. Refrigerate 6-8 hours or overnight.

THE STEPHENS TRADITION

African Ceremonial Dinner

— Joy Lang —

* Fresh Pineapple in Shell *

* Plantain Chips *

* Crunchy Appetizers Bits *

* Yam Chips *

* Chicken-Groundnut Soup *

* Fufu *

* Diced Tomtato Salad *

* Avocado Salad with Ginger *

* Diced Ripe Papaya *

* Peanuts *

* Seasoned Vegetables *

* Banana Fritters *

* Moroccan Tea *

We belong to two gourmet groups and this unusual menu was fun to serve to both groups. Before any food was consumed, the host and hostess went to each guest and poured warm water over their "eating" hand. Since the "eating" hand dips food from a common pot or bowl, this ritual is understandably important. Fufu is a staple food in Nigeria made from a kind of yam unavailable in the U.S. Potato flakes are the closest available substitute. To eat fufu, shape a teaspoon of the dough into a ball and coat it with soup. Next, put the ball on your tongue, roll it to the back of your mouth and swallow, without chewing! The blandness of fufu is a perfect foil for the highly seasoned soup.

Fresh Pineapple in Shell (Ghana)

Carve pineapple out of shell leaving much of shell intact to form boat. Cut pineapple meat into cubes and serve from shell. Garnish with a few well drained maraschino cherries.

Plantain Chips (Nigeria)

Peel green plantain and slice in thin slices. French fry in hot oil (peanut or vegetable oil). Fry until golden brown. Drain on paper towel. Salt generously. Store in covered container and crisp in oven when needed.

Crunchy Appetizer Bits (Dabo Kolo - Ethiopia)

Yields approximately 4 cups

2 c. unsifted all-purpose or whole-wheat flour
1 T. cayenne
1 T. sugar
1½ t. salt
1/4 c. salad oil
2/3 c. (approx.) water

Stir together flour, cayenne, sugar and salt. Add oil; then stir in enough water (approximately 2/3 c.) to form a stiff dough. Turn out on an unfloured board; knead until smooth; about 5 minutes. Cover; let rest about 30 minutes. Roll pieces of dough (keep remaining dough covered) into strands about 1/4" thick. Cut into 1/2" long pieces. Place on rimmed baking sheets and sprinkle with salt. Bake in 350° oven for 25 minutes or until toasty; stir several times. Cool; package airtight.

Yam Chips (Nigeria)

Peel and slice yams or sweet potatoes. Wash, drain and salt. Fry in deep hot oil. Serve with pepper.

Chicken-Groundnut Soup (West Africa)

1/4 c. all-purpose flour
2 t. paprika
2½-3 lb. broiler-fryer, cut up
3 T. cooking oil
1 med. onion, chopped (1/2 c.)
1 med. green pepper, chopped (1½ c.)
2 t. salt
1/2 t. cayenne pepper
1/2 t. ground ginger
3/4 c. creamy peanut butter
2 c. sliced fresh okra (or 10 oz. pkg. frozen whole okra, sliced)
4½ oz. can medium shrimp, drained
1½ c. tomatoes or 3 med. tomatoes
3 c. water

Combine flour and paprika. Coat chicken pieces with flour mixture, using all of the mixture. In a large saucepan or Dutch oven brown chicken slowly on all sides in hot oil, about 15 minutes. Remove chicken and set aside. Cook onion and green pepper in pan drippings until tender, but not brown. Spoon off excess fat. Add water, tomatoes, salt, cayenne, ginger and chicken pieces to pan. Bring to boil; reduce heat, cover and simmer 20 minutes. In small saucepan, heat peanut butter over low heat until melted; gradually blend in about 1 c. of the hot broth from the chicken mixture. Return all to chicken mixture, along with okra and shrimp. Return to boil; reduce heat. Cover and simmer 20 minutes more, or until chicken is tender.

Fufu (Nigeria)

3 c. potato flakes
1/2 c. bisquick
1/2 c. boiling water

Mix potato flakes in bisquick mix, add boiling water to moisten. Use wooden ladle to stir mixture while on medium heat, stirring until the mixture is smooth and springy to the touch. Turn fufu into a bowl. Mould and serve in a hollow dish with soup.

Diced Tomato Salad (West African)

2 large, firm ripe tomatoes	1/4 t. ground hot red pepper
1 T. fresh lemon juice	1/2 t. salt

Drop tomatoes into a pan of boiling water and let them boil briskly for about 10 seconds. Run cold water over them and peel. Cut out the stems, then slice the tomatoes in half crosswise. Squeeze the halves gently to remove the seeds and juice, and chop the tomatoes as fine as possible. In small serving bowl, combine lemon juice, ground pepper and salt, and stir until well mixed. Add the tomatoes and toss together gently but thoroughly. Let the salad marinate at room temperature for about 30 minutes before serving.

Avocado Salad with Ginger (West Africa)

1 large ripe avocado	1/2 t. ground ginger
1 T. strained fresh lemon juice	1/2 t. salt

Cut the avocado in half. With the tip of a small knife, loosen the seed and lift out. Remove any brown tissue-like fibers clinging to the flesh. Strip off the skin with your fingers, starting at the narrow, or stem, end. Cut the avocado into 1/2" cubes. In small serving bowl, combine the lemon juice, ginger and salt, and stir until then are well mixed. Add the avocado cubes and toss gently but thoroughly. Let the salad marinate at room temperature for at least 30 minutes before serving. Tightly covered, the salad can safely be kept at room temperature or in the refrigerator for 1-2 hours.

Diced Ripe Papaya (West Africa)

1 small ripe papaya (about 1 lb.) peeled, seeded and cut into 1/2" cubes	1 T. fresh hot chilies, seeded and cut into strips 1/8" wide, 1" long
	1 T. strained fresh lemon juice

In a small serving bowl, combine the papaya, lemon juice and chilies, and toss them together gently but thoroughly. Serve at once or cover tightly and let the papaya marinate at room temperature or in the refrigerator for up to 2 hours before serving.

Peanuts

Coarsely chop 1/2 c. unsalted roasted peanuts.

Seasoned Vegetables (Yataklete Kilkil - Ethiopia)

Serves 4-6

1 lb. carrots, slice to 1/4"
1 lb. broccoli
1 lb. tiny red new potatoes
1 small head cauliflower
1/4 c. butter or margarine
1/4 t. ground cinnamon
1/4 t. cardamon
1/4 t. ginger
1/8 t. ground cloves
1/8 t. turmeric
2 cloves garlic, minced or pressed
1 large onion, chopped

Cut off broccoli stems and peel off tough outside layer, then cut stems into 1/4" thick slices. Break cauliflower into flowerets. Slice large broccoli and cauliflower flowerets in half lengthwise through stems. Arrange potatoes in a vegetable steamer; steam over boiling water for 15 minutes or until tender when pierced; remove and let cool. Add water to steamer if needed. Arrange carrots, broccoli stems and cauliflowerets in steamer; steam for 9 minutes or until just tender when pierced. Add broccoli flowerets; steam 1½ minutes longer or until just tender. Cover and chill.

To serve, heat 1/4 c. butter or margarine in a wide frying pan over medium heat. Stir in ground cinnamon, cardamon, ginger, ground cloves and turmeric. Add garlic and onion. Sauté until onion is limp, then stir in the carrots, broccoli, cauliflower and potatoes. Cover and cook about 7 mintues, stirring often. Add butter if needed; then add broccoli flowerets. Cover and cook about 4 mintues longer or until hot.

Banana Fritters (West Africa)

Serves 4-6

- oil for deep frying
- 1/2 c. milk
- 2½ T. flour
- 2 T. cornstarch
- 1 T. sugar
- 1 egg, well beaten
- 1/8 t. baking powder
- 1 T. melted butter
- 4-6 firm ripe bananas, cut into 1½-2" sections
- powdered sugar

Preheat oil to 375°. Meanwhile, combine milk, flour, cornstarch and sugar in small bowl and blend well. Add egg and baking powder. Stir in butter, mixing well. Dip banana sections into batter and deep fry until golden brown, about 2-3 minutes. Remove with slotted spoon and drain on paper towels. Serve with powdered sugar sprinkled over *or* on bed of whipped cream.

Moroccan Tea

Serves 6

- 4 t. green tea
- 1/2 c. sugar
- 1¼ c. firmly packed fresh mint

Rinse a 4 c. teapot with boiling water. Add to the pot the green tea, sugar and mint, and cover with 4 c. boiling water. Allow tea to steep at least 3 minutes. Stir slightly and correct for sweetness. Serve in hot glasses.

Tea was first introduced by British traders from the Orient in the 19th century and has since achieved great popularity. This very sweet, minty tea is a favorite beverage, whether as a finish to a meal or for sipping in the afternoon at one of the many cafes. Spearmint has the best flavor, though other kinds of mint may be substituted.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

THE STEPHENS TRADITION

Colonial Bill of Fare

— Emily Munson —

* Fish House Punch *

* New England Clam Chowder *

* Salmagundi *

Roast Turkey with Dressing - Ham

* Travis House Oysters *

Sweet Potatoes

* Sally Lunn Corn Bread *

Cranberry Relish - Fried Apples

Pound Cake

* Persimmon Pudding with Hard Sauce *

Apple Pie - Pecan Pie - Pumpkin Pie

I served this Bill of Fare as hostess of an Ames International Orchestra Association dinner. The menu was posted and served in the keeping room of our home before a roaring fire. Antique quilts were used for table coverings and a colonial atmosphere prevailed.

Fish House Punch

Makes 10-15 servings

1 c. light brown sugar, packed	1 fifth dark rum
9 lemons	1/2 fifth cognac
2 c. pineapple juice	4 T. peach brandy

Mix sugar and 4 c. water in a pan and boil 5 minutes. Squeeze the juice from the lemons and pour into the hot syrup. Add the lemon rinds. Cool syrup and refrigerate overnight. Just before serving, remove the rinds. Add the pineapple juice and liquors. Pack a large punch bowl with crushed ice, pour punch over ice and serve.

Punch is the English word derived from the Hindustani panch, meaning five for the five ingredients—spirits, sugar, water, lemons or limes and spice.

New England Clam Chowder

Serves 8

1 c. diced onion	1/2 - 3/4 c. butter
5-6½ oz. cans minced clams	1/2 t. salt
3 medium potatoes, pared, cubed	1/8 t. pepper
3 c. light cream	

In a 3 qt. saucepan, melt butter and sauté onions until golden. Drain clams and reserve clam juice. Add juice to potatoes with the onions. Bring onion and potato mixture to a boil and cook until potatoes are tender, about 10 minutes. Add chopped clams, cream, 1/4 c. butter and seasonings. Heat but do not boil. Serve with common crackers or corn bread.

Salmagundi

Serves 8

salad greens (Boston, romaine, endive or watercress)	4 hard cooked eggs, sliced
1 lb. ham, thin sliced, cut in strips	4 green onions, finely chopped
1 lb. chicken or turkey white meat, thin sliced, cut in strips	8 celery hearts, finely chopped
	sardines or anchovies, optional
	oil and vinegar

Salmagundi was 18th century England's name for what is generally known as chef's salad today. In colonial times, salmagundi was served as a second course. Place greens in large wooden bowl. Sprinkle with remaining ingredients. Dress lightly with oil and vinegar.

Sally Lunn Corn Bread

Yields 1 tube cake or Bundt cake

1 c. milk	2 t. salt
1/2 c. butter	2 pkg. dry yeast
4 c. all purpose flour	3 eggs
1/3 c. sugar	

Preheat oven to 350° ten minutes before Sally Lunn is to be baked. Grease a 10" tube cake or bundt pan. Heat milk, butter and 1/4 c. water until about 120°. Butter won't be melted. Blend 1-1/3 c. flour, sugar, salt and dry yeast in a large bowl. Blend warm liquids into flour mixture. Beat with electric mixer on medium speed for 2 minutes. Gradually add 2/3 c. of remaining flour and the eggs, and beat at high speed for 2 minutes. Add remaining flour and mix well. Batter will be thick but not stiff. Cover and let rise in warm place until double in bulk—about 1¼ hours. Beat dough down and put into prepared pan. Cover and let rise until 1/2 increased in bulk—about 30 minutes. Bake 40-50 minutes at 350°. Run knife around center and outside of pan and turn onto plate to cool.

Note: This bread is named after a young lady who sold her warm bread in the streets of Bath, England in the 18th century. A song was written about her which has long since been forgotten but the bread bearing her name lives on.

Travis House Oysters

Serves 6-8

1/2 c. butter
1/2 c. flour
1½ t. paprika
1/2 t. salt
1/4 t. pepper
dash cayenne
1/2 clove garlic, minced
1 medium onion, chopped
1/2 medium green pepper, chopped
1 quart fresh oysters
1 T. lemon juice
2 t. worcestershire sauce
1/4 c. cracker crumbs

Preheat oven to 400°. Grease individual ramekins (6-8). Melt butter in a large skillet over medium heat. Remove from heat, add flour, and stir until smooth. Return to heat and cook, stirring constantly, for 5 minutes or until light brown. Add paprika, salt, pepper, cayenne, garlic, onion and green pepper. Cook 3-5 minutes, stirring constantly. Add oysters and their liquid, lemon juice, and worcestershire sauce. Stir well. Pour into ramekins and sprinkle with cracker crumbs. Bake at 400° for 20 minutes.

Persimmon Pudding with Hard Sauce

Serves 8

2-3 persimmons (2 c. pulp)
1¼ c. sugar
1-1½ c. flour
1 t. baking powder
1 t. soda
1/2 t. salt
1/2 c. melted butter
2 c. cream or half 'n half
2 t. cinnamon
1 t. ginger
1/2 t. grated nutmeg
black walnuts, or other nutmeats,
or raisins

Preheat oven to 325°. Blend persimmons in food processor. Beat in all other ingredients. Raisins or nut meats may be added to the batter. Bake the pudding in fancy turban mold until firm—about 1-1½ hours. Serve with hard sauce.

Sauce:

1 c. powdered sugar
5 T. butter
1/8 t. salt
1 t. vanilla
1 egg
1/4 c. cream

To make hard sauce: Beat 1 c. powdered sugar with 5+ T. butter. Add 1/8 t. salt, 1 t. vanilla. Beat in 1 egg or 1/4 c. cream. When sauce is very smooth, chill thoroughly. (Pretty to serve in a mold)

THE STEPHENS TRADITION

Enjoy Chinese

— Elmarie Hansen —

Polynesian Cocktails or Beer

* Spring Rolls *

* Sugared Walnuts *

* Shrimp Soup *

* Chicken with Cashews *

* Ginger Beef and Peppers *

* Sweet and Sour Pork *

Steamed Rice

Fresh Fruit Platter

* Fortune Cookies *

Chablis Wine and Green Tea

Make your dinner a more leisurely occasion by having your guests bring a wok and an apron, and assist with the stir-frying of the main entrees. Prepare the ingredients for the main entrees early in the day and refrigerate. Assemble the Spring Rolls several hours before guests are due to arrive. Make sure filling is well drained to prevent Spring Rolls from becoming soggy before you can deep-fat fry them!

Spring Rolls

Makes 20

Filling:
- 1½ lb. pork loin, chopped fine
- 5 scallions chopped, or 1 medium onion, chopped
- 10 oz. Chinese cabbage, shredded
- 16 oz. can bean sprouts, drained
- 1 c. shredded carrots
- 6 oz. can bamboo shoots, drained, chopped fine
- 1 t. Accent
- pepper to taste
- 4 T. soy sauce

20 egg roll skins

Sauté pork in 2 T. oil with the scallions. Add Chinese cabbage and carrots. Cook until tender. Add rest of ingredients and mix well. Drain in colander and cool well before assembling. To assemble, place egg roll skin with one point toward you. Place 1/4 c. of filling diagonally across and just below center of egg roll skin. Fold bottom point of skin over filling. Fold side corners over, forming an envelope shape. Moisten side edges and point. Then roll up egg roll toward remaining corner. Deep fat fry in 365° oil, 3 or 4 at a time, until golden brown. Drain on paper toweling. Keep warm in 300° oven, while frying the remainder. Serve with soy sauce or a sweet-sour sauce, or hot mustard.

Sugared Walnuts

3/4 c. sugar
1/4 c. water
1/4 t. cinnamon
dash salt
3-4 c. walnut halves

In a skillet or wok combine sugar, water, cinnamon and salt. Bring to a full rolling boil. Boil gently for 4 minutes, stirring frequently. Remove from heat. Quickly stir in nuts, just until nuts are well coated. Turn mixture out onto waxed paper or foil. Separate nuts. Cool thoroughly.

Shrimp Soup

Serves 6-8

- 8 oz. shrimp, pre-cooked
- 2 oz. ham, cut in narrow strips
- 1 c. fresh mushroom slices
- 2 scallions, sliced in 1/4" pieces
- 1/4 c. frozen green peas
- 4 c. chicken broth
- 1/2 T. soy sauce
- 4 T. catsup
- 1 T. wine vinegar
- 1 T. sugar
- dash pepper
- 1 t. corn starch

Mix together chicken broth, soy sauce, catsup, wine vinegar, sugar, pepper. Bring to boil. Add shrimp, ham, mushrooms, scallions and peas. Return to boiling. Add corn starch mixed with a little water forming a paste to thicken the soup.

Chicken with Cashews

Makes 4-6 servings

- 1½ lb. boneless chicken breasts, cut into strips
- Marinade:
  - 1 egg white, beaten
  - 1/2 T. soy sauce
  - 1 T. corn starch
- peanut oil
- 8 oz. broccoli buds
- 3 scallions, cut in 1" pieces
- 1 clove garlic, minced
- 2 oz. cashew nuts
- 8 oz. mushrooms, sliced
- 2 tomatoes, quartered
- Mixture sauce:
  - 1 c. chicken broth
  - 1/2 t. soy sauce
  - 1 T. dry white wine
  - 1 T. corn starch
  - 1/8 t. cayenne pepper

Marinate chicken for 30 minutes. Prepare vegetables for stir-frying. Make mixture sauce. Stir-fry chicken in 2 T. oil in wok (365°) for 4-5 minutes. Remove and keep warm. Add more oil if necessary and stir fry broccoli, garlic, and scallions until crisp tender. Add mushrooms and cashews. Remove and keep warm with the chicken. Add mixture sauce and bring to a boil. Add chicken, vegetables, and tomatoes and warm thoroughly. Serve while hot with steamed rice.

Ginger Beef and Peppers

Makes 4-6 servings

1½ lb. beef sirloin
Marinade:
  1 clove garlic, sliced
  2 slices ginger root
  1 T. soy sauce
  1 t. oil
  2 t. corn starch
peanut oil
2 onions, sliced into rings
2 green peppers, cut into 1" pieces
4 oz. sliced mushrooms
2 tomatoes, quartered
Mixture sauce:
  1 t. sugar
  1 T. corn starch
  1 t. soy sauce
  2 T. dry white wine
  1 c. beef broth

Cut meat into 1/2" strips while partially frozen. Combine garlic, ginger, soy sauce, oil and corn starch. Add beef and marinate for 30 minutes. Make mixture sauce, and prepare vegetables for stir frying. Add 2 T. oil to wok, medium high heat (365°). Sauté small amounts 2-3 minutes. Remove and keep warm. Add 1 T. oil and stir-fry onions and peppers until crisp tender. Add mushrooms. Add mixture sauce and bring to a boil, stirring constantly. Add meat and tomatoes to warm thoroughly. Serve while hot with steamed rice.

Note: For variation, substitute oyster sauce (purchase at oriental food store) for the soy sauce in the marinade and the mixture sauce.

Sweet and Sour Pork

Makes 4-6 servings

1½ lb. pork tenderloin, cut
  into 1" cubes
Marinade:
  1 beaten egg
  1/2 T. soy sauce
  3 T. corn starch
4 c. oil
1 c. corn starch
8 oz. fresh snow peas
2 red peppers, cut in strips
4 oz. mushrooms, sliced
8 oz. can pineapple chunks, drained
Mixture sauce:
  1/4 c. sugar
  1/4 c. rice vinegar
  1/4 c. water
  3 T. catsup
  1 T. corn starch
  1/2 t. salt
  1 t. sesame oil

Marinate pork 30 minutes. Prepare vegetables. Make mixture sauce. Heat 4 c. oil 365° in deep fat fryer. Roll pork cubes in 1 c. corn starch or shake in a paper bag. Deep fat fry in several small batches. Keep warm in 300° oven. Stir-fry vegetables in 1 T. peanut oil in wok about 3 minutes. Add mixture sauce and bring to a boil. Add pork cubes and pineapple, and quickly stir. Serve while hot with steamed rice.

Fortune Cookies

Makes 16 cookies

3 T. softened butter	1 egg white
3 T. sugar	1/2 t. vanilla
1/3 c. flour	

Print and cut out fortunes and fold to fit inside cookie. Grease cookie sheet. Dip rim of 3″ cookie cutter or a glass in flour; press 6 outlines firmly 1″ apart on cookie sheet. In small bowl beat sugar, butter, egg white and vanilla until well blended. Stir in flour and blend well. Spread teaspoonful of batter in each outlined circle. Bake in preheated 400° oven 4-5 minutes until lightly browned. Watch closely. Working quickly, slip fortune on cookie; fold cookie in half and hold edges together 3 seconds. Grasp folded ends of cookie; place center of fold over rim of a glass. Gently press ends down to bend cookie in middle. Cool. Repeat with remaining cookies.

It's Italian!

— Anita Beal —

* Eggplant Patties *

* Marinated Artichoke Hearts *

* Fettucine with Asparagus Sauce *

* Grilled Leg of Lamb *

* Minted Carrrots *

French Bread and Butter

* Mixed Greens Vinaigrette *

* Baba au Rhum *

Having an earnest interest in cooking and being a first generation American, a lot of what I cook I think, "How would my mother do this?" Growing up in a bilingual home, I yearned for Italian conversation when we came to Ames. As a result, "The Italian Group" was formed in 1963 giving us the opportunity to enjoy both conversation and food with others who desired this. We meet in our homes and talk and eat!

Eggplant Patties

Serves 6

1 medium eggplant
1 egg
1 T. mixed fresh herbs, or 1 t. dry herbs
1/4 c. grated parmesan cheese
1/2 t. minced garlic
salt and pepper to taste
cracker crumbs, enough to hold mixture together

Peel and cube the eggplant. Cook until tender in a little water. Drain well. Mash as you would potatoes. Add remaining ingredients with enough cracker crumbs to thicken. Drop by tablespoons into hot shallow oil. Brown both sides. Drain on paper towels. OR: Form into balls the size of a walnut. Bake on a greased cookie sheet in a 350° oven for 15 minutes, or until brown. Serve warm.

Marinated Artichoke Hearts

Serves 6

10 oz. pkg. frozen artichoke hearts, thawed
1/4 c. salad oil
3 T. wine vinegar
1 clove garlic, peeled and crushed
1/2 t. salt
1/4 t. pepper
dash tabasco
1/4 t. oregano
1/4 t. fennel seeds

Cut any large artichokes in half. Combine all ingredients in a medium saucepan. Simmer artichokes in dressing until tender, about 8 minutes. Serve hot or cold.

Fettucine with Asparagus Sauce

Serves 6

6 T. water
5 slices bacon, chopped, cooked,
  and drained on paper towels
1/2 lb. asparagus, cut in 1" lengths
1/2 t. oregano
salt and pepper to taste
1/2 c. chicken broth
parmesan cheese
1 lb. fettucine

Melt butter. Sauté asparagus briefly so it remains tender crisp. Add bacon, oregano, salt, and pepper. Toss with pasta, cooked al dente. Serve with parmesan cheese.

Grilled Leg of Lamb

Serves 6

4-5 lb. leg of lamb, boned, not tied
3 cloves garlic, peeled and sliced
1/2 c. wine vinegar
1/3 c. salad oil
1/3 c. brown sugar
2 T. tarragon
1 t. salt
3 sliced green onions

Trim the fat from the lamb. Place in a large shallow glass dish. Mix remaining ingredients. Pour over lamb. Refrigerate several hours or overnight, turning meat several times. Remove meat from marinade. Place lamb flat on grill 5 or 6 inches from coals. Grill 50-60 minutes, turning every 10 minutes. Baste with marinade during last 20 minutes of cooking. Meat should be done medium rare with this timing.

Mixed Greens Vinaigrette

Serves 6

a good handful per person of torn
  mixed salad greens
Vinaigrette:
  5 T. olive oil
3 T. wine vinegar
1/2 t. dry mustard
1 T. fresh herbs, chopped
salt and pepper to taste

Shake the vinaigrette in a small jar. Toss with the greens. Garnish each with a cherry tomato or slice of cucumber.

Minted Carrots

Serves 6

1 lb. carrots, peeled, cut in rounds
3 T. butter
2 t. fresh chopped mint, or 1 t. dried

Cook carrots in a little water until tender crisp. Toss gently with butter and mint.

Baba au Rhum

Serves 8-10

3 eggs and 1 yolk
1 c. sugar
1½ c. flour
6 T. oil
2 t. baking powder

Syrup:
- 1½ c. apricot juice
- 1 c. sugar
- 6 T. rum
- 2 t. lemon juice (fresh only)

Cake: Mix eggs with sugar until creamy and foamy. Stir dry ingredients together. Add dry ingredients gradually to egg mixture. Add oil 1 T. at a time. Grease and flour a 6 c. tube pan. Bake the cake for 30-35 minutes in 400° oven. OR: bake in 10 greased and floured custard cups or muffin tins for 20 minutes.

Syrup: Boil apricot juice and sugar gently for 10 minutes. Remove from heat. Add rum and lemon juice. Cool to room temperature. Pour over cake(s) and allow to marinate at room temperature for several hours. The cake will absorb most of the syrup. May add a bit more rum to taste. This is not the usual sharp tasting rum cake. It is the recipe of a French woman who shared it with me. May be served with a dollop of whipped cream.

Hawaiian Luau

— Margie Oldehoeft —

* Bola Bola Balls *

* Lomilomi Salmon Spread with Crackers *

* Cherry Tomatoes filled with Crab Cream *

* Pina Colada *

* Individual Fruit Boats *

* Kona Chicken in Coconut Shell
with Hollandaise Sauce *

* Fresh Lemon Rice *

* Maui Macadamia Nut Rum Pie *

Virginia Dare White Wine,
Paul Masson Cabernet Sauvignon

For several years my husband and I were in a gourmet group with Dennis and Shirley Tice, Robert and Judy Goodwin, and Al and Tanny Latuska. Recipes chosen were usually representative of a certain country. Menus were always planned together by the wives and each shared in the preparation of the dinner. During the evening we often discussed what recipes, customs, and ingredients were typical of the particular country being highlighted. In this way, our husbands could also learn from the experience. Wine and background music, characteristic of each country, often added atmosphere to the evening. The menu I am sharing with you is from one of our gourmet experiences. May you enjoy these recipes as much as we enjoyed our evening! Aloha!

Bola Bola Balls

Serves 8

1/4 lb. finely ground pork
1/4 lb. cooked shrimp, minced
1/4 c. minced water chestnuts
1/2 small onion, minced
1½ T. soy sauce
pinch of sugar
1 egg, lightly beaten
1 t. salt
oil for deep frying
Snappy red sauce (optional):
  1 c. chili sauce
  1/2 c. chopped green pepper
  2 T. minced onion
  1/2 t. prepared horseradish

Using hands, combine all the ingredients except oil and mix thoroughly. Shape into 1" balls and chill for at least an hour. Deep fry in 360° oil until a rich brown. These may be prepared ahead and frozen. Thaw before deep frying. Makes 2½ dozen.

Snappy Red Sauce for dipping the Bola Bola Balls: Combine all ingredients in a saucepan. Simmer 10 minutes. Serve hot or cold.

Lomilomi Salmon Spread

Serves 8

4 oz. smoked salmon, finely chopped
1/2 c. sliced green onion with tops
1/2 c. peeled, chopped tomato
2 T. chopped green pepper

In a small bowl combine all ingredients. Mash until well blended. Cover and chill thoroughly. Stir before serving as a spread for crackers. Makes 1-1/3 cups.

Note: Lomi in Hawaiian means massage and Lomilomi Salmon is slated salmon that has been worked by hand, or "massaged", in water to break down the fibers. In this recipe the method has been altered somewhat and the "massaging" is done in a blender to make a flavorful spread. Originally it was served as an appetizer or as a side dish or in the traditional luau to be eaten with the fingers.

Cherry Tomatoes Filled with Crab Cream

Serves 8

1 c. shredded crab meat
36 cherry tomatoes
1/4 c. fresh lime juice
3 oz. cream cheese
1/4 c. cream
2 T. mayonnaise
1 T. minced onion
1/2 t. minced garlic
1 t. dill weed
2 drops tabasco sauce
1 t. worcestershire sauce
salt to taste

Marinate crab meat in lime juice for an hour. Mix together cream cheese, cream and mayonnaise until smooth. Add onion, garlic, dill, tabasco sauce, worcestershire sauce and salt. Fold in crab meat. Spoon mixture into hollowed out cherry tomatoes. Chill well before serving.

Pina Colada

Serves 1

1 oz. cream of coconut
2 oz. unsweetened pineapple juice
1½ oz. light or dark rum
crushed ice
pineapple spears for garnish

Combine cream of coconut and pineapple juice. Add rum. Mix ingredients in a blender with crushed ice or stir and serve on the rocks. Serve with fresh pineapple spear.

Individual Fruit Boats

Serves 8

4 fresh pineapples
fresh strawberries
1 cantaloupe
1 honeydew melon
white seedless grapes
1 kiwi fruit
papaya ice cream

Cut 4 fresh pineapples in half lengthwise, leaving the cap and stems intact. Hollow out the center of each pineapple, cut into cubes and save for filling. Fill each half with whole fresh strawberries, pineapple spears, cantaloupe, honeydew melon, grapes, slices of kiwi, and a scoop of fresh papaya ice cream.

Hollandaise Sauce

Yields 1-1/3 cups

1/2 c. butter
4 egg yolks, well beaten
1/2 c. boiling water
1½ T. lemon juice
1/4 t. salt

Melt 1/2 c. butter in double boiler. Gradually add butter to 4 well-beaten egg yolks, stirring thoroughly. Add 1/2 c. boiling water gradually. Return to double boiler; cook, stirring constantly until thick. Remove from hot water; slowly add 1½ T. lemon juice and 1/4 t. salt, stirring constantly. Cover; place over hot water until serving time. Do not return to heat.

Susu Curry Sauce

Serves 8

2 T. curry powder
2 T. butter or margarine
1 onion minced
4 stalks celery, diced
1 c. sliced mushrooms
2 c. diced apples
1 c. chicken broth
2 c. light cream
2 c. milk
4 T. cornstarch

In a saucepan sauté curry powder in butter or margarine until nicely browned. Stir in minced onion, diced celery, sliced mushrooms and diced apple; mix thoroughly. Add chicken broth; bring mixture to boil. Stir in light cream and milk; bring to boil again. Blend cornstarch into 4 T. cold water; add to curry mixture. Cook, stirring constantly, until thickened. Season to taste with salt. Use sauce for Kona Chicken in a Coconut shell. Makes 6-7 cups.

Kona Chicken in a Coconut Shell

Serves 8

- 3 t. chopped tomato
- 3 t. chopped green pepper
- 3 t. chopped pineapple
- 6-7 oz. susu curry sauce
- 3 c. cubed cooked chicken
- dash of steak sauce
- salt to taste
- 2 coconut shells cut in half
- seasoned mashed potatoes
- hollandaise sauce

In saucepan combine tomato, pepper and pineapple; mix well. Add susu curry sauce, cubed chicken, steak sauce, and salt to taste; heat. Fill a coconut shell with this mixture. Decorate the edge of the coconut shell with hot seasoned mashed potatoes squeezed through a pastry tube. Cover the curry mixture with a tablespoon or so of hollandaise sauce. Bake at 450° until potatoes are lightly browned. (10-12 minutes) Serve with fresh lemon rice. Each coconut shell serves 2.

Fresh Lemon Rice

Serves 8

- 4 T. butter
- 2½ c. rice
- 1/2 c. dry white vermouth
- 4½ c. chicken broth
- 1½ t. salt
- pinch of white pepper
- grated rind of 2 lemons
- 1/4 c. minced fresh parsley

In a skillet melt butter over medium heat. Add rice and stir until all grains are coated with butter (about 2 minutes). Add the vermouth, broth and seasoning. Bring to a boil. Cover and lower heat. Simmer over low heat for 20 minutes or until all liquid is absorbed. Toss with lemon peel and minced parsley.

Maui Macadamia Nut Rum Pie

Serves 8

3½ oz. jar macadamia nuts
1/2 c. sugar
1 envelope unflavored gelatin
2 T. cornstarch
1/4 t. salt
3 oz. pkg. cream cheese, softened
1/4 c. sour cream
1½ c. milk
2 eggs, separated
3-4 T. dark rum
1 c. whipping cream
10" baked pie crust

Preheat oven to 350°. If macadamia nuts are salted, spread on towel and rub to remove as much salt as possible. Chop nuts and place in single layer on baking sheet. Toast about 5 mintues or until golden brown. Set aside. Combine sugar, gelatin, cornstarch and salt in blender or processor. Add cream cheese and sour cream. Blend. Gradually add milk; blend until smooth. Place mixture in top of double boiler and cook over gently boiling water until thick and smooth, stirring constantly. Cook about 15 minutes. Whisk some of the mixture into the egg yolks. Return to pan, whisking as it continues to cook, about 3 minutes. Remove top of double boiler and set aside to cool slightly. Beat egg whites until stiff peaks form. Stir rum into filling mixture. Fold in egg whites. Chill until thickened but not firm. Whip cream until stiff. Fold into filling along with half the nuts. Pour into prepared pie crust. Chill at least two hours. Sprinkle top with remaining nuts just before serving.

THE STEPHENS' TRADITION

A Visit to Japan

— Suzan Shierholz —

* Beef Teriyaki *

* Yaki Tori *

* Rumaki *

* Fish Ball Soup *

* Sukiyaki with White Rice *

* Oranges Oriental *

* Almond Cubes with Fruit *

Tea - Sake

The cuisine of Japan is wonderful—light and healthy. The eating process is time consuming and allows for pleasant conversation, especially if the food is cooked at the table. In traditional Japanese style, a low table should be set (about 16" from floor) and pillows arranged for the guests. The centerpiece should be simple but colorful. In the spring, apple or red bud blossoms in a vase are perfect. Chopsticks and Japanese soup spoons are the only needed utensils for guests. The end of the table should be reserved for preparing the Sukiyaki. And, of course, your guests should leave their shoes at the door!

Beef Teriyaki

Serves 8

3 lbs. beef boneless sirloin	1½ t. garlic powder
1/4 c. soy sauce	1½ t. ginger
3 T. honey	3/4 c. salad oil
2 T. vinegar	1 onion, finely chopped

Cut sirloin into strips 1/4" thick by 1" wide. Make marinade of remaining ingredients and add meat strips. Marinate for 4 hours at room temperature, turning frequently, or for 24 hours in the refrigerator. Thread on wooden skewers and grill until just done.

Yaki Tori

Serves 8

24 chicken wings (drumstick part only)	2 t. sugar
2/3 c. sake or dry sherry	1 t. grated ginger root
3/4 c. soy sauce	dash MSG

Combine sake, soy sauce and sugar in saucepan. Add ginger and bring to boil, lower heat and simmer for 15 minutes. Add chicken to this mixture and let rest until ready to use. Grill over hot coals, basting with the sauce.

Rumaki

Serves 8

1/2 lb. chicken livers
1/2 can (8 oz.) water chestnuts
1/4 c. soy sauce
2 T. packed brown sugar
1/8 t. ground ginger
1 clove garlic, crushed
10 slices bacon

Cut chicken livers and water chestnuts in half. Mix soy sauce, brown sugar, ginger, and garlic together in bowl and stir in chicken livers and water chestnuts. Cover and refrigerate at least 2 hours. Drain. Cut bacon into halves. Wrap a piece of liver and piece of water chestnut in each piece of bacon. Secure with wooden pick. Arrange on rack in broiler pan. Cook in 400° oven, turning once, until bacon is crisp, 25-30 minutes. May be partially cooked ahead.

Fish Ball Soup

Serves 8

Fish Balls:
- 3/4 lb. flounder filets, fresh or frozen and thawed
- 2 egg whites
- 1/3 c. cold water
- 1 t. salt
- 2 T. cornstarch
- 1 T. salad oil

Broth:
- 6 c. chicken broth
- 1 T. soy sauce
- 1/8 t. garlic powder
- salt and pepper to taste
- 2 T. chopped parsley for garnish

Pat fish dry with paper towels. Cut into 1″ pieces. Place fish in blender container or food processor with egg whites, water, salt and 1 T. cornstarch and oil. Blend until very smooth, stopping to scrape down sides of the container. Remove to mixing bowl and add remaining cornstarch. Fill a large pan with cold water. Using a wet teaspoon, drop a spoonful of the fish mixture into your other hand. (wet hand first to prevent sticking) Gently roll into 1″ ball. Mixture will be very soft. Drop into cold water. When all balls are made, heat water just to boiling. Remove pan from heat and discard any white scum that forms on top. Remove fish balls with slotted spoon and rinse under cold water. Put in bowl of cold water to cover. (May be prepared up to 2 days ahead and kept covered in refrigerator) Drain before using.

To Serve: Make broth by heating chicken broth, soy sauce and garlic powder. Add fish balls and simmer to heat. Do not boil. Season to taste. Divide the fish balls (about 3 per serving) among the individual serving bowls and garnish with parsley.

Sukiyaki with Rice

Serves 8

1½ lbs. boneless beef sirloin
Marinade:
  10½ oz. can condensed beef bouillon
  2 T. brown sugar
  2 T. soy sauce
  1 T. cornstarch
  1/2 t. ground ginger

6 green onions, sliced
1 large green pepper, cut in strips
2 stalks celery, diagonally sliced
12 large mushrooms, cleaned, sliced
1/2 lb. spinach or swiss chard, washed, and patted dry
1/2 lb. cubed tofu
1/4 c. vegetable oil
1/2 t. MSG

Place meat in freezer for 15 minutes to facilitate slicing into thin strips and place in large bowl. Combine marinade ingredients and pour over meat. Cover and refrigerate 5 hours. To cook, remove beef slices from marinade (reserving marinade) and put on platter surrounded by rest of sliced vegetables. Heat 2 T. oil in wok or electric skillet. Add about 1/3 of meat and brown quickly. Remove from skillet. Put about 1/3 onions, peppers, celery in wok and cook 2 minutes or until crisp-tender. Add 1/3 mushrooms and tofu for one minute then return meat to wok with 1/3 of spinach. Add 1/3 marinade and stir just to heat. Repeat process. Serve with steamed white rice. Note: Many other vegetables are optional additions. Bean threads are commonly found in Sukiyaki.

Oranges Oriental

Serves 8

8 navel oranges
1 c. water
1/2 c. sugar

2 T. honey
1/4 c. orange-flavored liqueur

With a vegetable peeler or sharp knife, remove peel from 4 oranges. Strip off white membrane and cut peel into thin strips. Place peel in small saucepan and cover with water. Simmer 10 minutes. Drain and rinse under cold water. Set aside. In another saucepan, heat water, sugar and honey to boiling; boil 5 mintues. Stir in peel and remove from heat. Let cool 30 minutes and then stir in liqueur. With a sharp knife, cut off remainder of any peel and membrane from oranges. Section by cutting between the membranes to get clean orange segments. Place oranges in serving dish. Spoon syrup and peel over the oranges, stirring occasionally. Chill well before serving. May be made in advance, covered and refrigerated for up to 5 days.

Almond Cubes with Fruit

Serves 12

- 3 envelopes unflavored gelatin
- 1 c. sugar
- 4 c. cold water
- 1 c. milk
- 1 T. almond extract
- 20 oz. can whole pitted lychees
- 1/2 c. maraschino cherries
- 20 oz. can pineapple chunks
- 11 oz. can mandarin orange sections

In saucepan, combine gelatin and sugar. Stir in 2 c. of cold water. Cook and stir over low heat until gelatin and sugar are dissolved. Remove from heat and add remaining water, milk, and almond extract. Pour into 13" x 9" x 2" pan. Chill until firm. Chill fruit. Drain and halve lychees. Drain and rinse cherries. Cut gelatin into diamond shapes. Combine fruits. Put several gelatin diamonds in each bowl and top with fruits. Kiwi fruit and fresh strawberries are also good.

Mexican Fiesta

— Carolyn Jons —

* Carnitas (Little Meats) *
with Assorted Garnishes

Fruit Punch or Tequila Cocktail

* Ensalada *

* Chiles Rellenos *

* Green Chile Chicken Enchiladas *

Fresh Fruit

Iced tea or Mexican beer

* Flan (Custard) *

Cinnamon Flavored Coffee

This is a simplified version of a meal prepared for the 1982 Ames International Orchestra Dinner Fest. The selection of appetizers and desserts can be expanded when entertaining more than 12 guests. Table decoration ideas: Mexican serapes and sombreros, flowering plants in woven baskets, clay serving dishes, fresh tropical fruits and vegetables.

Carnitas (Little Meats)

Serves 12

6 lb. pork roast, bones removed
2 t. salt
1 t. MSG
pepper to taste

Cut pork into 1″ cubes or 2″ x 1″ strips. Place meat in large saucepan. Barely cover with water and add salt, MSG and pepper. Bring to boil uncovered. Reduce heat and cook until liquid has evaporated and meat is very tender. Turn meat to brown while cooking. Total cooking time is about 1 hour.

Serve hot with tostadas, guacamole, red or green salsa, chopped olives, onions, shredded cheese, sour cream, as desired. Guests put together their own combinations.

Chiles Rellenos (Stuffed Chiles)

Serves 12

2-3 oz. cans California green chiles
1/2 lb. jack or farmer's cheese

Batter (will need 2 batches):
- 3 eggs, separated
- 3 T. flour
- 1/4 t. salt
- 1 T. water

Relleno sauce:
- 28 oz. canned tomatoes
- 1/2 white onion
- 2 cloves garlic
- 1 T. lard or oil
- 28 oz. chicken broth
- 1½ t. salt
- 1 t. oregano
- 1/2 t. pepper

Drain the chiles, split open and remove seeds. Cut in half crosswise and dry on paper towel. Cut cheese in 1/2" x 2" fingers. Roll chiles around cheese and refrigerate until ready to use. To make batter, beat whites until nearly stiff. Beat yolks with flour, salt and water. Combine yolk mixture and whites gently. Coat stuffed chiles with batter. Fry in hot oil and drain on paper towels. Can refrigerate and reheat in baking pans covered with relleno sauce 15 minutes at 350°. To make sauce, blend tomatoes, onion and garlic in blender. Pour into saucepan and sauté in oil 3 minutes. Add broth, salt, oregano and pepper. Serve over hot chiles rellenos.

Ensalada (Salad)

Serves 12

Vinaigrette dressing:
- 1 c. olive oil
- 1/4 c. vinegar
- 1/4 c. lemon juice
- 1 t. salt
- 1/2 t. each dry mustard, paprika
- garlic clove, optional

2 heads lettuce, torn bite sized
4 grapefruit and/or oranges, segmented
3 avocados, sliced
1 red onion, sliced
caramelized almonds

To caramelize almonds, melt 2 T. sugar in skillet with small package slivered almonds. Stir as sugar melts, browns and collects on almonds. Spread on wax paper and break into pieces.

For vinaigrette dressing, beat all ingredients together and refrigerate tightly covered.

Green Chile Chicken Enchiladas

Serves 12

4 whole chicken breasts or 1 stewed chicken
12 corn tortillas
4 c. shredded jack cheese
Sauce:
  2 cloves garlic
1 onion
1 T. oil
4 T. flour
4 c. chicken boullion
2 c. canned tomatoes
2-4 oz. cans diced green chiles

Cook and dice chicken. To make sauce, sauté garlic and onion in oil until tender. Stir in flour and broth. Cook until smooth and thickened. Add diced green chiles and chopped tomatoes and simmer 10 minutes. Soften tortillas in hot oil or by dipping in hot sauce. Spoon chicken and 2 c. cheese into center of tortillas and top with a little sauce. Roll up and arrange in greased baking dish. Pour remaining sauce and cheese on top. Bake 15 minutes at 350°. Garnish with avocado slices and sour cream.

Flan (Custard)

Serves 6

1/2 c. sugar to caramelize
6 eggs
1/3 c. sugar
2 c. scalded milk or evaporated milk
1 t. vanilla
3 T. brandy or rum (optional)

In large pie pan or flan mold, melt 1/2 c. sugar until a golden syrup. Tip pan to coat it with caramel and cool. To make custard, beat eggs, sugar and vanilla and add scalded milk. Strain into caramel coated pan. Place in larger hot water bath and bake 350° for 1 hour or until knife inserted in the center comes out clean. Cool. To unmold, cool custard, loosen edges, place a serving plate with rim on top and quickly invert. When ready to serve, brandy or rum may be poured over flan and lighted.

MARY GREELEY MEDICAL CENTER AUXILIARY • ALL AROUND AMES

THE STEPHENS TRADITION

Dinner That Says "Italian"

— Teresa Flynn —

* Ad-Lib Antipasto *

* Braised Chicken with Black Olives and Anchovy *

* Fettucine al Burro *

* Tomato Salad "Italian" *

* Italian Spumone *

This dinner was enjoyed very much by our gourmet group.

Ad-Lib Antipasto

Serves 4-6

10 oz. pkg. frozen Brussel sprouts
8 oz. can ripe pitted olives, drained
1 4-6 oz. can button mushrooms, quartered, drained
1/2 c. tarragon vinegar
1/2 c. cooking oil
1 small clove garlic, minced
1 t. sugar
1 t. salt (optional)
dash hot pepper sauce
2 T. thinly sliced green onion

Cook sprouts according to package directions—drain and halve. Combine with pitted olives and quartered mushrooms. Combine vinegar, oil, garlic, sugar, salt and hot pepper sauce. Shake well. Add vegetables and toss. Cover and chill 8 hours or overnight. Stir often. Drain and serve in clear bowl on large plate surrounded by chunk white tuna, halved cherry tomatoes, pickled beets and marinated artichoke hearts. Line plate with lettuce leaves.

Braised Chicken with Black Olives and Anchovy

Serves 4

2½-3 lb. boned chicken breast
salt and fresh ground pepper
2 T. olive oil
1/4 c. finely chopped onion
1 t. finely chopped garlic
1/2 c. dry white wine
2 T. white wine vinegar
1/2 c. chicken stock
1/2 t. dried oregano, crumbled
1 bay leaf
1 T. slivered black olives
3 flat anchovy fillets (canned), rinsed in cold water, dried and chopped

Wash and pat chicken dry. Season with salt and a few grindings of pepper. In heavy 10"-12" skillet, heat olive oil until haze forms. Brown chicken turning with tongs. Pour off almost all fat, leaving a thin film. Add onions and garlic. Cook until lightly colored. Add wine and vinegar. Boil until liquid is reduced. Pour in chicken stock. Boil 1-2 minutes. Stir constantly scraping browned bits. Return chicken to skillet. Add oregano, bay leaf. Bring to boil. Add chicken, cover. Simmer, basting occasionally. Cook until tender, 30+ minutes. Remove chicken, discard bay leaf. Boil stock 10 minutes to thicken. Stir in olives and anchovies. Pour over chicken.

Fettucine al Burro

Serves 4-6

8 T. softened butter
1/4 c. heavy cream
1/2 c. fresh grated parmesan cheese
6-8 quarts water
1 T. salt
1 lb. fettucine noodles

Cream 1/4 lb. soft butter until light and fluffy. Beat in a little cream at a time. Beat in 1/2 c. grated cheese. Be sure to have ingredients at room temperature before mixing with noodles. Heat large serving bowl in 250° oven while you cook fettucine. Bring water and salt to boil. Drop in noodles. Boil 5-8 minutes until tender. Should be al dente. Drain. Add creamed butter and cheese mixture. Toss with fettucine. Pass extra cheese.

Tomato Salad Italian

Serves 4-6

5 tomatoes, 1/4" slices
1/2 c. olive oil
2 T. wine vinegar or lemon juice
1 T. basil
1/4 t. garlic, minced
1 t. salt, dash pepper
2 T. sliced scallions
1 T. fresh parsley, chopped

Arrange tomatoes in overlapping circles on lettuce-lined salad plates. Dressing: pour all but last 2 ingredients over. Combine scallions and parsley and sprinkle on top.

Italian Spumone

Serves 12

1 qt. egg nog ice cream or use 1 qt. french vanilla, add rum flavoring to taste
6 candied or maraschino cherries
1 c. whipping cream
1 qt. pistachio ice cream
1/2 c. whipping cream
1/2 c. instant cocoa (dry)
10 oz. pkg. frozen red raspberries,
1/4 c. sifted confectioners sugar

Egg Nog layer: For mold, chill 2 qt. metal bowl in freezer. Stir 1 qt. ice cream just to soften. Stir in rum flavor to taste. Refreeze only until workable. With chilled spoon, quickly spread in layer over bottom and sides of chilled bowl; be sure ice cream comes way to top. (if ice cream tends to slip, refreeze in bowl until workable.) Circle cherries around bottom of bowl. Freeze until very firm.

Pistachio layer: Stir ice cream until workable. Spread over top and sides of 1st layer. Freeze until firm.

Chocolate layer: Combine 1 c. cream and cocoa; whip to peaks. Quickly spread over pistachio layer; freeze.

Raspberry layer: Drain berries, sieve, mix in 1/2 c. cream, confectioner's sugar, and dash of salt. Whip to peaks. Fold in berries. Add a few drops of red food coloring. Pile into center of mold, smooth top. Cover with foil and freeze at least 6 hours. To serve, peel off foil. Invert on chilled plate. Rub bowl with towel rung out in hot water to loosen. Lift off bowl. Refreeze a few minutes. Trim with pink tinted whipped cream put through "rose" tip of pastry tube around base and up sides to top.

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Party Time

The Entertainer, Cybird I.S.U.

Cy is a "big" bird and has been cavorting on Iowa State University's campus as a mascot of inter-collegiate athletics since 1954. After the Iowa State Agricultural College football team decisively beat the Northwestern University team in 1895, the Chicago Tribune sports page carried the headline that read: "Evanston hit by Iowa Cyclone." Iowa State teams have carried that Cyclone designation since. Because it was nearly impossible to depict a cyclone by a costume, it was decided to have a bird, a cardinal, be the mascot.

Gretchen Coy, life long resident of Ames, painted this Cy from a photograph she took at a Veishea parade. She presented the painting to the Child Development Department in 1983. It commemorated their family's third generation, Jonathan Coy, attending Iowa State University's Child Development laboratory preschool.

Fortieth Birthday Cocktail Party

— Lindy Legg —

Champagne

* Mystery Cheese Ball *

* Curried Chicken Balls *

* ABC Chip Dip *

* Shrimp and Cheese Nibblings *

* Oriental Beef Cubes *

* Mushrooms a la Greque *

* Chafing-Dish Meatballs *

* Chicken Wings *

* Cold Marinated Beef *

The color theme for this cocktail party was black and white. Invitations were white printed with black ink. The tablecloth was white moire and big black satin bows were attached at each corner. All the serving pieces were either crystal or silver. The centerpiece consisted of white mums with three crystal candle holders containing black candles accented with silver sprigs. Champagne was served as the only drink. On a silver cake stand was a plate of individually decorated white petit fours with a black rose on top of each.

Mystery Cheese Ball

Makes 3-5 balls

2 lbs. Old English cheese
5 oz. jar blue cheese spread
8 oz. pkg. cream cheese
chopped walnuts or pecans

Leave cheeses at room temperature and then whirl in the electric mixer. Mix, then roll into 3 or 4 large balls. Roll each ball in nuts. Refrigerate or freeze. Serve at room temperature with crackers.

Curried Chicken Balls

Makes 5 dozen

1/2 lb. cream cheese
4 T. mayonnaise
1½ c. blanched almonds, chopped
2 c. cooked chicken, chopped
3 T. chutney, chopped
1 t. salt
2 t. curry powder
1 c. grated coconut

Thoroughly cream cream cheese and mayonnaise. Add remaining ingredients and shape into walnut-sized balls. (Hint: Be certain to tell your guests what they are, because they look like sweet treats rather than hors d'oeuvres.

ABC Chip Dip

1/3 c. toasted, chopped almonds
3 strips cooked bacon, crumbled
3/4 c. mayonnaise
1½ c. sharp cheddar cheese, grated
1 T. finely minced onion
1/4 t. salt

Combine ingredients and mix well. Serve with a variety of crackers.

Shrimp and Cheese Nibblings

Serves 10

Nibblings:
- 2 lbs. raw shrimp, shelled, and deveined
- 1 lb. swiss cheese, cubed
- 1 can pitted ripe olives

Sauce:
- 4 slices bacon, cut in small pieces
- 4 T. butter
- 1½ t. garlic salt
- 1 c. tomato paste
- 1 c. tomato juice
- 1/2 c. water
- 1/8 t. dried basil
- 1/8 t. oregano
- 1/8 t. marjoram
- 1/2 c. dry red wine
- 3 T. lemon juice

Prepare nibblings. Sauté bacon until crisp. Mix the next 8 ingredients together; add bacon and simmer until mixture thickens. Add lemon juice. Adjust seasonings. When ready to serve, heat sauce. Pour sauce into chafing dish, add shrimp, and cook until pink. Add cheese, olives. Serve with cocktail picks.

Oriental Beef Cubes

Makes 40 "Bites"

1/2 c. soy sauce
1/4 c. sesame oil
1/4 c. dry sherry
1 T. finely chopped ginger
1 T. sugar
2 large cloves garlic, minced
1½-2 lbs. boneless sirloin cut in 1/2" cubes

Combine first 6 ingredients in a glass bowl; stir to blend. Add meat cubes and refrigerate for at least 4 hours or overnight. Turn meat several times. Remove meat from marinade, reserving liquid. Broil meat 3"-4" from heat for about 10 minutes; place in a chafing dish. Heat marinade just to boiling and pour over meat. Serve with wooden picks.

Mushrooms a la Greque

Serves 6

1 lb. button mushrooms
12 oz. tomatoes
1½ oz. finely chopped onion
3 T. olive oil
10 oz. white wine
1 clove garlic, crushed
parsley
salt and pepper

Fry onion in oil. Add wine and garlic and season. Add skinned, quartered tomatoes, along with mushrooms and cook for 15 mintues uncovered. Chill and sprinkle with parsley before serving.

Chafing-Dish Meatballs

Makes 50-60 meatballs

2 lbs. ground meat
1 slightly beaten egg
1 large grated onion
salt to taste

Sauce:
12 oz. bottle chili sauce
10 oz. jar grape jelly
juice of one lemon

Combine meat, egg, onion and salt. Mix and shape into small balls. Drop into sauce. Simmer until brown. Refrigerate or freeze. To serve bring to room temperature. Reheat in chafing dish and serve with cocktail picks.

Chicken Wings

Makes 32 wings

32 chicken wings
6-8 T. melted butter
1½ c. bread crumbs
1/2 c. grated parmesan cheese
1 t. salt or lemon-pepper
1 t. garlic powder

Discard tip of wing; cut remaining wing in 2 pieces. Dip chicken in melted butter. Combine bread crumbs, cheese, salt and garlic powder in a plastic bag. Shake wings in crumb mixture. Place chicken on greased 15" x 10" baking sheet and bake in a preheated 400° oven for 30 minutes. Serve hot.

Cold Marinated Beef

Serves 8-10

1/2 lb. sirloin
1 red onion, sliced in rings
1 ripe avocado, cut in thin wedges
1½ T. lemon juice
1 c. sour cream
1/2 t. salt
pepper to taste

Cook and cut sirloin diagonally into thin strips. Add onion and avocado, then sprinkle with lemon juice. Season with salt and pepper. Stir in sour cream and refrigerate until thoroughly chilled. Serve with thin slices of french bread.

Graduation Open House

— Patsy Judge —

* Petit Fours *

* Marzipan Peaches *

Ham in Mini Buns

Fresh Fruit Tray

* Ginny's Slush Punch *

Coffee

This menu worked well because it was all prepared ahead of time. Only the sandwiches and fruit were done the day of graduation. Everything is "finger food" which works well for a big crowd.

Petit Fours

Makes 35 small cakes

2 c. flour	1 c. milk
1½ c. sugar	1/2 c. shortening
3 t. baking powder	4 egg whites
1 t. salt	2 t. vanilla

Heat oven to 350°. Generously grease and lightly flour bottom only of 15" x 10" jelly roll pan. In large bowl, blend all ingredients except egg whites and vanilla, at low speed until moistened. Beat 2 minutes at medium speed. Add egg whites and vanilla; beat 2 more minutes at medium speed. Pour into prepared pan. Bake at 350° for 25-30 minutes or until toothpick inserted in center comes out clean. Cool completely. Cover and freeze until ready to cut and frost.

Petit Four Icing

6 c. (1½ lb.) powdered sugar	3 T. melted butter
1/2 c. water	1 t. vanilla
1/3 c. white corn syrup	1/2-1 t. almond extract, if desired

In large bowl, combine all ingredients. Blend on low speed until powdered sugar is moistened; beat on high speed until smooth. Add 1-2 T. additional water if icing is too thick. In small bowls, tint portions of icing to desired colors. Cut frozen cake into 2" squares. (Cake can also be cut into desired shapes using heart, diamond, round, etc. cutters). Set cake pieces on wire rack over pan or waxed paper. Spoon icing evenly over top and sides of cake pieces. Icing which drips off can be reused. I decorated each cake with a flower and leaf, using purchased Cake-Mate Frosting.

Marzipan Peaches

Yields 60

7 oz. pkg. almond paste
1 c. butter, room temperature
3/4 c. + 2 T. sugar
1½ eggs
1 t. vanilla
2¾ c. + 2 T. flour
1/8 t. salt
Peach sugar:
  1/2 c. sugar
  3 drops red food coloring
  6 drops yellow food coloring
15 green gumdrops, each cut in quarters
60 whole cloves

In large bowl, crumble almond paste with your fingers. Add butter, beating with electric mixer until smooth. With mixer on medium speed, beat in sugar, eggs and vanilla, until light and fluffy. Gradually add flour and salt, beating until thoroughly blended. Refrigerate at least 1 hour. To bake cookies, preheat oven to 350°. To prepare peach sugar, process sugar and colorings in food processor or blender until evenly colored. Set aside. Shape dough into 3/4" balls. Roll balls in peach sugar, coating completely. Place 1½" apart on ungreased baking sheets. Bake 12-14 minutes or until bottoms are golden. Remove to racks. Cool. Attach a gumdrop piece to each cooled peach cookie with a clove "stem".

Ginny's Slush Punch

Makes 40-50 cups

6 c. water
4 c. sugar
12 oz. can frozen orange juice
12 oz. can frozen lemonade
4 large ripe bananas
1 large can unsweetened pineapple juice
4 quarts gingerale

Boil water and sugar for 3 minutes and let cool. Blend orange juice, lemonade and bananas in blender. Add pineapple juice and water mixture. Freeze entire mixture in cake pans. When frozen, cut in cubes and divide into 4 equal parts. Put into 4 plastic bags. Refreeze. At serving time, add 1 quart gingerale to contents of 1 bag of cubes.

A Christmas Buffet

— Mary Alice Carpenter —

* Crab Pizza *

* Cheese-Onion Dip *

Mixed Nuts

* Champagne Punch *

* Ham with Mushroom Sauce *

* Pineapple Casserole *

* Jane's Salad *

Hot Rolls

Wine

Assorted Christmas Cookies and Candies

Coffee

Christmas is a favorite time for entertaining and each year we enjoy hosting my husband's department with a Christmas Buffet. This is a menu we served to our 80 guests. All of these recipes are easily multiplied and most of the work can be done a day or two ahead making for enjoyable holiday entertaining.

Crab Pizza

Serves 10-12

8 oz. bar cream cheese
3 oz. bar cream cheese
2 T. worcestershire sauce
1 t. lemon juice
2 T. mayonnaise
1 small grated onion
1/2 bottle chili sauce
6-8 oz. crab meat
parsley

Mix first 6 ingredients together. Spread into a large patty on a serving plate. (This can be done a day ahead, covered with waxed paper and refrigerated) Just before serving, pour 1/2 bottle chili sauce over "cheese patty", sprinkle with well-drained crab meat, and top with chopped parsley for decoration. Serve with crackers.

Note: This is the one recipe that I serve every year at our department Christmas party. Everyone expects it and loves it!

Cheese-Onion Dip

Serves 6-8

1 c. mayonnaise
1 c. frozen chopped onion
1 c. shredded cheddar cheese

Combine ingredients, put in a small casserole, and bake at 350° for 30 minutes. Serve hot with corn chips.

Note: The onion must be frozen. The recipe does not work well doubled, so I make several small casseroles when I have a crowd.

Champagne Punch

Makes 5 quarts

3 c. pineapple juice
6 oz. can frozen orange juice
6 oz. can lemonade
4 c. water
2 bottles champagne

Mix in large punch bowl. Float frozen orange slices on top.

Hints: For a large crowd, I have the first 4 ingredients mixed ahead in pitchers in the refrigerator. For a nonalcoholic punch, use gingerale instead of champagne.

Ham with Mushroom Sauce

Serves 10

1 stick butter
1 lb. fresh mushrooms, sliced
1 bunch green onions, chopped
8 oz. sherry
1 c. heavy cream
25 slices boneless ham

Sauté onions and mushrooms in butter. Add wine, cream, and slices of precooked ham. Simmer for 30 minutes. For larger quantities, heat in a roaster in a slow oven for 1 hour.

Note: When serving crowds of 80-100, you only need to multiply the sauce by 4 or 5. The sauce can be made a day or two ahead and refrigerated.

Pineapple Casserole

Serves 10-12

2-20 oz. cans crushed pineapple
1 c. sugar
6 T. flour
6 eggs
8 slices cubed bread
2 sticks melted butter

Mix pineapple, sugar, flour, and eggs together. Pour into buttered 3 qt. casserole. (A souffle dish works well) Toss the bread with the melted butter and spread over the pineapple mixture. Bake at 350° for 1 hour.

Note: For larger crowds, I use 9" x 13" glass pans. This same recipe can be made with canned tomatoes instead of pineapple for a good side dish with beef.

Jane's Salad

Serves 10-12

4 c. fresh broccoli tops
4 c. fresh cauliflower buds
2½ c. halved cherry tomatoes
1 can medium pitted black olives
12 slices bacon, fried, crumbled
Dressing:
  4 T. chopped onion
  4 T. bacon grease
  2 T. sugar
  1 t. salt
  1/2 t. dry mustard
  4 T. vinegar
  2/3 c. heavy cream

Sauté onion in bacon grease. Add other dressing ingredients, bring to a boil, and pour over vegetables just before serving.

Note: The dressing can be prepared ahead of time and brought to a boil at serving time.

"Make Your Own" Party

— Lucinda Scholten —

* Make Your Own Salad *

* French Dressing *

* Blue Cheese Dressing *

* Creamy Oil and Vinegar Dressing *

* Make Your Own Sundae *

* Chocolate Fudge Sauce *

* Best Butterscotch Sauce *

This is a fun way to get a group of neighbors together in the summer for a party outside. Dinner or buffet size plates are the best size to hold everything. Along with the salad, serve baskets of favorite breads, rolls with butter. Colorful flowers from the garden make the centerpiece.

Make Your Own Salad

mixed salad greens
crumbled bacon
sieved egg
freshly grated parmesan cheese
alfalfa sprouts
chopped tomatoes
artichoke hearts, cut in half
toasted almond slices
croutons

Toss the mixed greens in a very large bowl. Place accompaniments next in the buffet line. You may also choose to provide a platter of sliced meats and cheeses.

French Dressing

Makes 4 cups (1 quart)

10¾ oz. can tomato soup
3/4 c. vinegar
1 t. salt
1/2 t. paprika
1/2 t. pepper
1/2 c. sugar
1 t. dry mustard
1 clove garlic, minced
1/4 c. onion, chopped
1½ c. oil

Except for the oil, combine all ingredients in a blender. Whirl until smooth. Add oil slowly on low speed. Whirl a few seconds longer to blend thoroughly.

Best Blue Cheese Dressing

Makes 1 quart

12 oz. blue cheese, crumbled
1 pint sour cream
1/2 c. buttermilk
1 T. worcestershire sauce
1/4 t. tabasco
1/4 t. ground pepper
1 pint mayonnaise
1 lemon, juiced
1/2 t. garlic powder
salt to taste

Combine all ingredients well. Store overnight in refrigerator to blend flavors.

Creamy Oil & Vinegar Dressing

Serves 8

1 c. vegetable oil
5 T. red wine vinegar
4 T. sour cream
1½ t. dry mustard
2 T. sugar
coarsely ground pepper to taste
1 t. salt
2 t. chopped fresh parsley
2 cloves garlic, crushed

With wire whisk, combine vinegar, sour cream, mustard, sugar, parsley and garlic. Add oil slowly in a stream whisking constantly. Season with salt and pepper. This dressing is also very good with a spinach salad garnished with crumbled bacon, chopped hard-cooked eggs, and shredded swiss cheese.

Make Your Own Sundae

ice cream balls
nuts, cherries, whipped cream toasted coconut

Freeze the ice cream balls ahead of time. You may wish to freeze them in plastic cups or wine glasses. To honor a friend's birthday, put a candle in the ice cream. Choose your favorite sauce and toppings and enjoy!

Chocolate Fudge Sauce

Makes 2

2-10 oz. squares unsweetened chocolate
2 T. butter
1 c. sugar
5 oz. can evaporated milk
1 t. vanilla

Melt chocolate and butter in double boiler, slowly stir in sugar. Add milk gradually. Stir over boiling water until thick. Add vanilla. Store in jar in refrigerator. (Double recipe for party with over 10 adults. This disappears fast!)

Best Butterscotch Sauce

Makes 1 quart

1½ c. sugar
1 c. light corn syrup
1/2 t. salt
1/2 c. butter (NO substitutes)
2 c. heavy cream
1 t. vanilla

Mix in saucepan sugar, corn syrup, salt, butter and 1 c. cream. Cook over low heat, stirring to soft ball stage (234°). Stir in remaining cream. Cook to thick, smooth consistency. (228°) Remove from heat. Stir in vanilla. Serve hot or cold.

Before-the-Ball Party

— John and Barbara Worley —

* Punch *

* Cocktail Meatballs *

* Crab Dip *

* Pineapple Cheese Ball *

* Crabmeat Hors d'oeuvres *

* Chicken Crepes with Almonds *

* Strawberry Pinwheel Sandwiches *

* Strawberries Dipped in Chocolate *

John and I enjoy entertaining before the Auxiliary Ball. We repeat our favorite recipes, but each year we include a few different items. Our highlight this year was food prepared by Rosemary Hedlund's Culinary Arts Students at Des Moines Area Community College. (Recipes are marked DMACC.)

Punch

6 oz. can frozen orange juice
2-6 oz. cans frozen limeade
6 oz. can frozen lemonade
46 oz. can pineapple juice
1 pint cranberry juice cocktail

2 quarts gingeale
1 quart plain soda water
2-4 quarts water*
1 orange
1 or 2 lemonds

Mix juices together in punch bowl. Add gingerale and soda water just before serving.* Float a fruit ice ring.

For ice ring: Cut orange, lemons and limes into wedge-shaped slices; put in 8" ring; add water to cover fruit and freeze. Rum (8-9 oz.) can be added.

Note: If you add rum, have a pitcher of the punch without rum for those who prefer non-alcoholic beverages.

* I use lots of crushed ice and not more than a quart of water.

Cocktail Meatballs

Makes 175 meatballs

- 8 slices bread, cubed
- 4 lbs. ground beef
- 1 lb. ground pork
- 1/2 c. onion, chopped
- 1 qt. milk
- 6 eggs, beaten
- 1 T. salt
- 1/2 t. pepper
- 1/8 t. cayenne
- Sauce:
  - 1/2 c. onion, grated
  - 1½ qt. catsup
  - 1½ c. vinegar
  - 2/3 c. sugar
  - 2 c. brown sugar
  - 1 T. salt

Cut soft bread into small cubes. Add meat, onions, milk, eggs and seasonings. Blend with the mixer, using low speed. Do not overmix. Using a #70 scoop, place meatballs on a sheet pan. Bake in 350° oven for 25 minutes. Remove from sheet pan and place in foil pans. Mix sauce ingredients together and pour over partially baked meatballs. Cover with foil and bake for 20 minutes more. The meatballs can be prepared ahead of time and reheated. Serve hot from chafing dish. DMACC recipe.

Crab Dip

Makes 2 cups

- 8 oz. pkg. cream cheese, softened
- 1/4 c. mayonnaise or salad dressing
- 1/4 c. cocktail sauce
- 2 t. prepared mustard
- 7½ oz. can crab meat
- 1/3 c. finely chopped celery
- 2 T. snipped parsley

Drain, flake and remove cartilage from crab. Blend cream cheese with mayonnaise, cocktail sauce, and mustard. Stir in crab, celery, and parsley. Cover; chill thoroughly. Use to stuff cherry tomatoes. (This is very moist so you need to cut back on liquid.) This amount will stuff 50-75 tomatoes. DMACC recipe.

Pineapple Cheese Ball

2-8 oz. pkgs. cream cheese	1/4 c. chopped green pepper, optional
8½ oz. can crushed pineapple	1 T. finely chopped onion
2 c. chopped pecans	2 t. seasoned salt

Soften cheese in medium sized bowl. Gradually add well-drained pineapple, 1 c. pecans, green pepper, onion, and seasoned salt. Chill thoroughly. Form into a ball and roll in remaining nuts. Chill again and until 1 hour before serving. Cover with plastic wrap until ready to serve. This is not an extremely firm ball. This can be used as a spread, rather than formed into a ball. Serve with crackers.

Crabmeat Hors d'Oeuvres

Serves 25-35 appetizer crepes

2 T. butter	2 T. cream
2 T. chopped celery	dash salt
2 T. chopped onion	dash pepper
1 t. chopped parsley	pinch tarragon
1 c. flaked crabmeat	

Melt butter in skillet and sauté onion, celery and parsley. Stir in remaining ingredients. Spoon mixture onto appetizer crepes and fold. Secure with cocktail picks. Serve warm. (Can make ahead and freeze; heat in microwave before serving.)

Note: Folding crepe pockets - Place crepe browned side-up and center spoonful of filling on it. Fold one side and then the opposite side. Fold down both tabs, so that no filling is visible.

Chicken Crepes with Almonds

Makes 40-50 appetizer crepes

2 c. cooked chicken (diced)	2 T. grated pineapple
1/2 c. blanched slivered almonds	2-3 T. mayonnaise

Mix ingredients. Fill crepes and fold. Can secure with cocktail picks. (Can make ahead and freeze; heat in microwave before serving.)

Crepe Batter

Makes 20-24 5″ crepes

2 eggs, beaten	1 T. soft or melted butter
1 c. milk	pinch of salt
1 c. all purpose, pre-sifted flour	

In a mixing bowl, add milk to beaten eggs. Gradually pour in the flour, stirring constantly with a wire whisk or fork until the mixture is smooth. Add butter and salt. Mix until smooth. The batter should have the consistency of fresh cream.

Preparation: Adjacent to your cooking surface, have ready (1) shallow dinner plate for the batter (at least 8″ diameter, 1/2″ deep); (2) a dinner plate for stacking the crepes; (3) fork; (4) frying pan lid to cover the cooked crepes to reserve moisture. Preheat the seasoned griddle over medium-high heat. Test the griddle temperature by sprinkling a few drops of water. If the water bounces and sputters, griddle is ready. Pour enough batter into the batter dish so that it is at least 1/2″ deep.

*Cooking: (1) Dip preheated griddle into batter. Immediately lift the griddle from the batter. (2) Cook. Turn the griddle dome-side-up, return the griddle to the heat and cook the crepe 20-30 seconds. (A brown ring and some curling around the edge of the crepe should be apparent.) (3) Stack. Remove the griddle from the heat turning it over the stacking plate crepe-side-down. Coax the crepe onto the stacking plate with a fork. Repeat cooking from step 1. Stack the crepes browned side up and cover with the fry-pan lid to preserve moisture.

Appetizer crepes should be made between three and five inches in diameter. They may be prepared ahead of time, filled, and frozen. Heat in microwave just before serving.

* Directions are given for use of a crepe griddle.

Strawberry Pinwheel Sandwiches

1 loaf pullman bread - sliced horizontally (do not use day it is baked)	strawberry cream cheese (purchased)

Using a serrated knife, trim off the crust ends to the bread for each slice of bread. You may also take off the crust side now or after the sandwiches have been rolled. Roll each slice with a rolling pin to flatten slices of bread. Cut slice of bread in half to give 2 equal rectangular sections. Spread entire section with cream cheese filling. Roll up sandwich jelly roll style. Place rolls of pinwheel sandwiches in wax paper and refrigerate for at least 2 hours or overnight. Cut shortly before serving. (Use electric knife or serrated knife) DMACC recipe.

Strawberries Dipped in Chocolate

fresh strawberries	chocolate almond bark

Melt chocolate almond bark. Dip strawberry in chocolate to cover about half of strawberry. Place on parchment paper to harden. Refrigerate until serving time.

Christmas on Country Club Boulevard

— Sandy Horton —

* Bourbon Hot Dogs *

* Oriental Pork and Shrimp with Sweet and Sour Sauce *

* Herring Surprise *

* Ham Snack Cups *

* Christmas Tree Cheese Spread *

* Marinated Mushrooms *

* Apricot Slush *

Christmas on Country Club Boulevard means the annual neighborhood open house. For over 15 years friends and neighbors have gathered to celebrate the holiday season. It is an evening full of singing, visiting, sharing of good food with neighbors and definitely one of the highlights of the holidays.

Bourbon Hot Dogs

3 pkg. hot dogs	1/2 c. catsup
1 c. bourbon	1 c. brown sugar
1 c. chili sauce	1 T. minced onion

Boil hot dogs to remove fat and slice into bite size pieces. Make sauce, add hot dogs and cook until thickened.

Oriental Pork and Shrimp

Makes 36 meatballs

2 beaten eggs	1 t. soy sauce
1/2 lb. ground pork	1/2 t. sugar
7 oz. pkg. (1 c.) frozen shrimp	1/4 t. salt
5 oz. can water chestnuts	1/2 c. fine dry bread crumbs
2 T. chopped green onion	sweet and sour sauce

Thaw shrimp and finely chop. Drain and chop water chestnuts. Combine first 8 ingredients and mix well. Shape into 36 balls. Roll in bread crumbs. Fry in deep hot fat (360°) until brown, about 1½-2 minutes. Serve with sweet and sour sauce (recipe follows). The meatballs and sauce can be made ahead. Reheat sauce, pour over meatballs and warm all in microwave.

Sweet and Sour Sauce

3/4 c. water
1/4 c. sugar
2 T. vinegar
1 T. soy sauce
1/4 t. salt
1 T. cornstarch
1 T. cold water

Combine first 5 ingredients and heat to boiling. Blend cornstarch and cold water; slowly stir into boiling mixture. Cook and stir until bubbling. Serve as dip for Pork and Shrimp meatballs.

Herring Surprise

1/2 large jar of herring
1/4 c. chopped onion
1/2 pint sour cream
1 small chopped apple
1/4 c. dill pickle

Cut the herring into small bite-size pieces and also use some of the onion from the herring in the mixture. Chop all of these ingredients fine and serve with an assortment of crackers.

Ham Snack Cups

Makes 24

1 pkg. crescent dinner rolls
4½ oz. can deviled ham
1 t. prepared mustard
1 t. instant onion
1 can mushrooms
sour cream

Each rectangle of the crescent rolls should be cut into six even pieces. Roll each piece into a ball and press into tassie pan (miniature muffin pan). Drain and chop mushrooms and mix with deviled ham, mustard and instant onion. Fill each roll cup and top with approximately a 1/2 t. of sour cream. Sprinkle with paprika. Bake at 375° for 15 minutes.

Christmas Tree Cheese Spread

- 1 c. soft butter
- 8 oz. cheddar cheese, shredded
- 8 oz. swiss cheese, shredded
- 1/4 c. prepared yellow mustard
- 2 T. sherry
- parsley flakes

Beat together until well blended butter, cheeses, mustard and sherry. Spoon onto serving plate or center of tray building up to form a cone shape. Using a fork, rough up surface to resemble Christmas tree. Sprinkle with parsley and surround with crackers.

Marinated Mushrooms

- 2/3 c. tarragon vinegar
- 1/2 c. oil
- 1 T. sugar
- 2 T. water
- clove garlic (crushed)
- 1/2 t. salt
- pepper
- dash tabasco
- 1 lb. fresh mushrooms
- 1 red onion, sliced

Combine first 8 ingredients. Clean, stem and slice mushrooms. Pour marinade over prepared mushrooms and onions. Refrigerate 2-8 hours to marinate.

Apricot Slush

- 6 oz. can frozen orange juice
- 6 oz. can frozen lemonade
- 1 c. sugar
- 8 c. water
- 1 pint apricot brandy
- 7-Up

Mix orange juice, lemonade, sugar, water and brandy. Freeze at least 24 hours. Add 7-Up to create a slush. The mixture can also be kept in the freezer for individual drinks using a 2/3 mixture and 1/3 7-Up. This punch is a favorite at neighborhood gatherings and is perfect for anytime of the year.

Cocktails for a Crowd

— Gail Firestone —

* Sweet Cocktail Meatballs *

* Marinated Shrimp *

* Stuffed Cocktail Mushrooms *

* Hot Artichoke Dip *

* Whiskey Sour Punch *

Cocktails and crowds seem to go together, whether it is a party before an art exhibition opening or the Christmas open house for the Iowa State University Art and Design Department. I have found that I can double all of these recipes to serve 50 and triple the recipes to serve 75 people. Whatever the occasion, these recipes are definitely favorites with my guests.

Whiskey Sour Punch

Serves 20-25 people

1/2 gallon bourbon
15 oz. frozen lemonade concentrate
15 oz. frozen orange juice concentrate
juice of 10 oz. jar maraschino cherries
2½ qt. club soda
ice ring

Mix bourbon, frozen juice concentrates and cherry juice. Just before serving, add club soda and ice ring. Freeze unused cherries into ice ring for a festive look.

Note: For a group of 75 people, we plan to make this recipe 3 times during the course of the evening and have the ingredients for a 4th batch on hand—just in case!

Sweet Cocktail Meatballs

Serves 25 people

2 lbs. ground chuck
4 eggs
1/2 c. flavored bread crumbs
1 t. oregano
1 t. chopped parsley
1/4 c. water
1 t. basil
1/4 c. water
1/2 small jar currant jelly
1/2 bottle chili sauce
1 t. dijon mustard

Combine ground chuck, eggs, bread crumbs, oregano, parsley, basil and 1/4 c. water and form into bite-sized meatballs. Broil on 2 sides. Drain off fat and place browned meatballs in casserole dish. In saucepan, combine currant jelly, chili sauce, mustard and 1/4 c. water. Simmer until jelly melts. (Add more water if necessary to thin sauce.) Pour over meatballs in casserole and bake in 350° oven for 1/2 hour, covered. Uncover and bake for 15 minutes longer, basting with sauce. Meatballs can be made ahead of time and frozen. Defrost day of serving and add sauce, then bake as directed.

Stuffed Cocktail Mushrooms

Serves 20-25

- 1 lb. small to medium size fresh mushrooms
- 3 T. grated parmesan cheese
- salt and pepper to taste
- 1 clove garlic, chopped
- 1 small onion, chopped
- 1 c. flavored bread crumbs
- 1 T. chopped parsley
- 2 T. melted butter
- 2-3 T. oil

Clean mushrooms, remove stems. Mix crumbs, cheese, parsley, butter, garlic, onion, salt and pepper. Fill mushroom caps. Pour 2 T. oil in bottom of baking pan and spread evenly over bottom of pan. Place mushrooms in pan, drizzle tops with small amount of oil. Bake 20 minutes at 350°.

Hot Artichoke Dip

Serves 20-25 people

- 8 oz. can artichoke hearts
- 1 c. mayonnaise
- 8 oz. pkg. cream cheese, room temperature
- 1 c. shredded monterey jack cheese
- 1/2 c. grated parmesan cheese
- 1/4 t. garlic powder
- crackers, bread sticks or chips

Cut up artichoke hearts into small pieces. Combine with rest of ingredients. Place in small casserole dish and bake uncovered at 350° for 45 minutes. Can be served from casserole dish or placed in chafing dish after baked to stay warm for a longer period. This dip is best with corn chips or lightly-flavored crackers rather than spicier dippers because it has a nice flavor of its own!

Marinated Shrimp

Serves 20-25 (fewer than one would hope!)

- 2 lb. cooked, shelled shrimp
- 1 large sweet onion, cut into thin rings
- 1 large green pepper, cut into bite-sized chunks
- 1 bottle Italian salad dressing

Shrimp should be medium sized and cooked only until just done. Place shrimp, onions and peppers in bowl. Pour Italian dressing over all ingredients and stir. Marinate in refrigerator overnight. Before serving, drain marinade and arrange shrimp, onions and peppers on serving dish. Serve with toothpicks or tiny cocktail forks.

Valentine Coffee

— Theresa Christensen & Ginny Dobbs —

* Puffy Hearts and Rings with
Almond Frosting *

* Cherry Tarts *

* Valentine Chocolate Roll with
Valentine Frosting *

* Sugar Cookies *

* Valentine Strudel *

* Liqueur Candy Cut Outs *

* Spiced Tea *

Coffee

A day full of hearts and flowers and what better way to say "Happy Valentine's Day" than to invite friends for coffee. In keeping with the Valentine theme, the table covering was an antique blue and white quilt with a centerpiece of our favorite antique valentines and flowers.

Puffy Hearts and Rings with Almond Frosting

Makes 4 dozen

1 c. water
1/2 c. butter
1 c. all-purpose flour
3 eggs
1 t. almond extract

Almond Frosting:
- 1½ c. powdered sugar
- 2 T. butter, softened
- 2 T. water
- 1/4 to 1/2 t. almond extract
- few drops each red and green food coloring
- 1/2 c. finely chopped almonds

Heat oven to 400°. Heat water and butter to rolling boil; reduce heat. Stir in flour until mixture forms a ball; about 1 minute. Remove from heat. Beat in eggs and extract; continue beating until smooth. Drop by teaspoonfuls 1" apart onto ungreased baking sheet. Shape into hearts or rings, using teaspoon handle to make center hole in ring. Bake until puffed and golden, 20-25 minutes. Cool. Dip into almond frosting, then into almonds.

Almond Frosting: Combine all frosting ingredients except food coloring. Mix until smooth. Tint half of the frosting mixture with green and half with pink food coloring. Dip frosted puffs into chopped almonds.

Cherry Tarts

Makes about 24

- 1/2 c. butter
- 1/2 c. granulated sugar
- 1 small egg
- 1½ c. flour
- 1/2 t. almond extract
- 2 cans commercial cherry pie filling
- whipped cream

Cream butter and sugar; add egg, flour and almond extract. Mix well. Chill dough several hours or overnight. Let soften slightly before pressing into tart pans. Take a small ball of dough and with thumb, press dough into bottom and sides of pan evenly, making the tart about 1/16″ thick. Place tart pans on cookie sheet. Bake at 375° until golden (about 10 minutes). Take from oven and tip pans upside down. As soon as the pans are cool enough to handle, pinch pan slightly to remove tart from pan. Fill each tart with cherry pie filling and top with whipped cream.

Sugar Cookies

- 1/2 c. shortening
- 1 stick butter
- 1½ c. sugar
- 2 eggs
- 1 t. vanilla
- 4 c. flour
- 1/2 t. salt
- 1 t. baking powder
- 1 t. baking soda
- 5-6 T. sweet milk
- grated orange peel from 1 orange

Cream shortening and sugar with butter. Add eggs one at a time and beat. Add vanilla. Alternate dry ingredients and milk. Add orange peel. Roll out on floured board and cut with floured cutters. Sprinkle with colored sugar. Bake at 375° for 10-12 minutes.

Valentine Chocolate Roll

1 c. sifted cake flour
1 t. baking powder
1/4 t. salt
1/4 c. Hershey's unsweetened cocoa
3 large eggs
1 c. sugar
1/3 c. water
1 t. vanilla or mint extract
1/4 c. cocoa
2 T. confectioner's sugar
Sweetened whipped cream:
  1 c. heavy cream
  2 T. sifted confectioner's sugar
  1 t. vanilla
2 c. crushed peppermint candy
Valentine Frosting

Sweetened Cream: Whip cream until soft and thickened slightly. Add sugar and vanilla and continue beating until soft peaks form. Refrigerate until ready to use.

Chocolate Roll: Sift all ingredients except sugar together. Beat eggs until thick and lemon colored. Gradually add sugar. Beat until sugar dissolves. Slowly add extract and water. Stir in dry ingredients only until blended. Turn batter into prepared 10″ x 15″ pan smoothing it out to the edges and corners. Bake in pre-heated oven at 375° for 10-12 minutes or until toothpick inserted in middle comes out clean. Remove from oven and loosen edges with a knife. Invert cake onto a clean cloth that has been sprinkled with the 1/4 c. cocoa and 2 T. confectioner's sugar that have been sifted together. Immediately roll cake and towel up and cool thoroughly. Remove from towel and fill with sweetened whipped cream that has been folded together with 1½ c. crushed peppermint candy. Frost with Valentine Frosting. Decorate with remaining 1/2 c. crushed candies.

Valentine Frosting

1½ c. confectioner's sugar
2 T. softened butter
1/2 t. vanilla
2 T. cream
red food coloring

Combine first three ingredients and beat. Gradually add cream until desired consistency is reached. Tint with red coloring to reach desired degree of pink.

Valentine Strudel

Makes 3 strudels

1/2 c. butter or margarine, softened
2 c. all-purpose flour*
1/2 t. salt
1 c. dairy sour cream

3 T. butter or margarine, melted

Cherry filling
Pink glaze

*Note: Do NOT use self-rising flour!

Cut butter into flour and salt with pastry blender. Stir in sour cream until a soft dough forms. Wrap and refrigerate at least 2 hours. Heat oven to 350°. Divide dough into 3 parts. Roll one part dough into rectangle (15" x 10") on lightly floured cloth-covered board. Refrigerate remaining dough. Brush butter lengthwise over about 2/3 of rectangle. Gently spread 1/3 of the Cherry filling (recipe follows) over butter. Roll up tightly, beginning with fruit side. Place on greased baking sheet, bringing ends together to make heart shape. Repeat with remaining 2 parts dough. Bake until golden brown, about 40 minutes. Cool 15 minutes; drizzle with pink glaze.

Cherry Filling: Mix 1 jar (15 oz.) cherry preserves; 1/4 c. orange marmalade, 2 c. thinly sliced almonds and 1 c. golden raisins.

Pink Glaze: Mix 1 c. powdered sugar; 1-2 T. milk; 1 T. butter, softened; 1/2 t. almond extract; and 1 drop red food color.

Liqueur Candy Cut Outs

Makes 2¼ pounds

1 c. soft unsalted butter or margarine
1/2 c. Hershey's unsweetened cocoa
2 lbs. confectioner's sugar
1/8 oz. roll almond paste, optional

1/4 c. liqueur (orange, strawberry, coffee, caramella, almond, cherry, coconut or banana)
1 c. finely ground nut meats (walnuts, almonds, or pecans), optional

Combine all ingredients in a bowl and mix with hands, forming a large ball. Pat out mixture on wax paper to 1/2" thickness. Cut with cookie cutters (use small ones) into desired shapes. Roll the trimmings into 1" balls and top each ball with a pecan or whole almond. Chill until ready to serve. (Almond paste and nut meats will stiffen candy mixture for easier handling.)

Spiced Tea

1 medium jar Tang
1 envelope lemonade mix
1 c. instant tea
2 c. sugar
1 T. cinnamon
1 T. cloves
2 t. nutmeg

Mix ingredients together. Keep in sealed container. To make tea, put two heaping teaspoons into a mug of boiling water. Stir.

Christmas Open House

— Sue Farrell —

Cocktails

* Salmon Log *

* Hot Shrimp Dip *

* Party Cheese Ball *

Beef and Ham Sandwiches

* Pumpkin Bars *

* Brownie Sheet Cake *

Coffee

A red tablecloth with a Christmas centerpiece makes the table look very festive for the occasion. All the recipes are simple and can be made the day ahead of time except for the Hot Shrimp Dip. I use large platters so they won't have to be refilled often.

Salmon Log

Serves 20

1 lb. can red salmon
8 oz. pkg. cream cheese, softened
1 T. lemon juice
2 T. grated onion
1 t. prepared horseradish
1/4 t. salt
1 t. liquid smoke
1/2 c. chopped pecans
3 T. snipped parsley

Combine salmon with cream cheese, lemon juice, onion, horseradish, salt and liquid smoke. Chill. Shape into 6" x 8" log and roll in pecans and parsley mixture. Chill well. Serve with crackers.

Hot Shrimp Dip

Serves 20

16 oz. cream cheese
2 cans shrimp soup
2 cans water chestnuts, diced
2 cans shrimp, deveined
1/2 t. grated onion

Mix and warm cream cheese and shrimp soup until smooth. Add remaining ingredients and put into chafing dish. Serve with crackers.

Party Cheese Ball

Serves 20

16 oz. cream cheese, softened to room temperature
8 oz. Old English cheese
8 oz. roka blue cheese
8 oz. olive pimiento cheese
1 t. onion flakes
dash worcestershire sauce
chopped pecans

Combine all ingredients except pecans. Form into one large ball or 3 small balls. Chill. Roll in chopped pecans and chill again. Serve with your favorite crackers.

Brownie Sheet Cake

Makes 72 bars

1 stick margarine
1/2 c. oil
1/4 c. cocoa
1 c. water
2 c. flour
2 c. sugar
1/2 c. buttermilk
2 eggs, beaten
1/4 t. salt
1 t. soda

Brownie Frosting:
  1 stick margarine
  1/4 c. cocoa
  5 T. milk
  1 box powdered sugar
  1 t. vanilla
1 c. nuts (optional)

Bring first four ingredients to a boil. Add and mix flour and sugar. Add the remaining ingredients and pour into greased and floured 18" x 12" x 1" pan. Bake 20 minutes at 350°. Prepare the frosting during last 5 minutes of cooking time.

Frosting: Bring to boil the first three ingredients. Add remaining ingredients and pour on cake while cake is hot.

Pumpkin Bars

Makes 72 bars

1 c. salad oil
2 c. pumpkin
4 eggs
2 c. sugar
2 t. baking powder
1/2 t. salt
1 t. soda
2 t. cinnamon
1/2 t. cloves
1/2 t. nutmeg
2 c. flour

Cream Cheese Frosting:
  3 oz. cream cheese, softened
  1 stick butter or margarine
  2 c. powdered sugar
  2 t. vanilla

Mix all together and pour into greased and floured 15" x 10" x 1" pan. Bake in 350° oven 25-30 minutes. Cool and frost with cream cheese frosting.

Super Bowl Party

— Teri Gregersen —

* Artichoke Dip *

* Shrimp Butter *

* Super Cheese Ball *

* Taco Dip *

* Cheese Ball *

* Hot Shrimp Sandwiches *

* Ham Sandwiches *

* Party Pizzas *

* Bailey's Irish Cream *

* Grasshoppers *

The Super Bowl Party is always a fun time as it occurs in the dead of winter and during post holiday blues. We've found that even our "non-football" friends have fun with good food and lots of cheer.

Artichoke Dip

Serves 8

1 can artichoke hearts
1 c. mayonnaise
1 c. parmesan cheese

Drain the artichoke hearts well and mash. Add mayonnaise and cheese. Bake 400° until bubbly. Serve hot with chips, crackers or vegetables.

Shrimp Butter

Serves 8

4½ oz. can shrimp
1/2 c. butter
8 oz. cream cheese
4 T. mayonnaise
2 T. lemon juice
1 T. minced onion
1/4 t. salt

Drain shrimp. Soften butter and cream cheese. Mix all ingredients and blend with mixer. Refrigerate for one hour. Serve with crackers. Store covered in refrigerator.

Super Cheese Ball

Serves 10

8 oz. Philadelphia cream cheese
1 jar Kraft cheddar cheese
1 jar Kraft roka cheese
2 T. wine vinegar
1 t. garlic powder

Soften cream cheese and mix with all other ingredients until the butter stage. Form mixture into ball. Roll in walnuts and serve with crackers.

Cheese Ball

Serves 10

10 oz. sharp cheddar cheese
4 hard boiled eggs
2 T. chopped onion
2/3 c. Seven Seas Creamy Italian dressing

Grate cheese and eggs. Stir together until mixed well. Add onion, stir in dressing and chill for one hour. Form into ball and serve with crackers or vegetables.

Hot Shrimp Sandwiches

Serves 8

1 can small shrimp
1/2 c. chopped celery
1/3 c. chopped onion
1 c. grated cheddar cheese
English muffins

Toast English muffins under broiler. Spread with above mixture. Place open face, under the broiler until cheese melts.

Party Pizzas

Serves 10

1 lb. ground beef
1 lb. sausage
1 medium onion, chopped
1½ t. dried basil
1 t. worcestershire sauce
1/4 t. garlic powder
1 lb. Velveeta cheese
2 loaves party rye

Brown ground beef and sausage, add onion and cook until soft. Add other ingredients and heat until cheese is melted. Spread mixture on bread and freeze on cookie sheets for 10 minutes. Store in freezer in plastic bags. Bake 10 minutes at 400° or microwave frozen pizzas.

Ham Sandwiches

Serves 8

2 sticks margarine
1/2 c. mayonnaise
2 T. grated onion
2 T. hot mustard
1 T. poppy seeds
grated swiss cheese
1 lb. shaved ham

Melt margarine. Add all other ingredients and mix well. Place mixture on bun and heat in oven or microwave. Can freeze and re-heat.

Taco Dip

Serves 12

Layer I:

- 1 lb. hamburger
- 1 can refried beans
- 1 lg. can tomato sauce
- 1 pkg. dry taco seasoning
- 1 small chopped onion
- 1 chopped green pepper
- 1/2 t. dry mustard
- 1/2 t. chili powder

Layer II:

- 8 oz. sour cream
- 1/4 t. chili powder
- 2 T. American cheese food

Layer III:

- shredded lettuce
- taco sauce
- black olives
- grated cheese

Brown hamburger and mix all ingredients in layer I. Simmer 10 minutes. Place in jelly roll pan. Add layer II and then III. Serve with taco chips.

Bailey's Irish Cream

Serves 12

- 1/2 c. white rum
- 1 c. whiskey
- 3 eggs, beaten
- 1 c. Eagle Brand sweetened condensed milk
- 1 pint half 'n half
- 1 T. vanilla
- 1½ T. chocolate syrup

Mix well with mixer. Must keep in refrigerator. Will keep for 2 weeks.

Grasshoppers

Serves 12

- 1/2 c. creme de menthe
- 1 pint lime sherbet
- 1 qt. vanilla ice cream
- 1 pkg. dream whip

Mix dream whip according to package directions. Add all other ingredients and beat with mixer until smooth. Place in freezer. This will not freeze hard and will keep for 4-6 weeks.

Sleighride Party

— Joyce Nichol —

* Hot Spiced Cranberry Punch *

* Green Goddess Dip *

* Iowa Chili *

* Buttermilk Bread *

* Chocolate Delights *

The best possible time for this sort of party is when you know it's going to be an evening with new snow. We always ask people to come in time to see us hitch up the horse to the sleigh. It's great to have everyone bring sleds and cross country skis, too; and a must to have several ages of children as their enthusiasm always equals ours.

Hot Spiced Cranberry Punch

Serves 12

3/4 c. firmly packed brown sugar	1/2 t. allspice
1 c. water	3/4 t. cloves
1/4 t. salt	2 cans jellied cranberry sauce
1/4 t. nutmeg	3 c. water
1/2 t. cinnamon	1 quart pineapple juice

Mix cranberry sauce and 3 c. water and beat until smooth. Combine and bring to a boil, 1 c. sugar, 1 c. water and spices. Add cranberry-water mixture and pineapple juice and heat to boiling. Serve warm. Children seem to like this, also.

Green Goddess Dip

Makes 1¼ cup

3/4 c. dairy sour cream	1 T. anchovy paste
1/2 c. mayonnaise	1 t. lemon juice
1/4 c. snipped parsley	1 clove garlic, minced
2 T. snipped chives	

Mix all ingredients together, cover and chill.

Buttermilk Bread

Makes 2 small loaves

2 c. whole wheat flour	1 rounded t. baking powder
1 c. white flour	1/2 c. sugar
1 t. salt	2 c. buttermilk
1 t. baking soda	

Mix dry ingredients together in a bowl and add liquid and mix only until moist. Bake in 2 small loaf pans that have been greased and floured. Bake at 350° for 1 hour.

Iowa Chili

Serves 12

2 lbs. 1/4″-1/2″ beef cubes round steak
3 lbs. pork cubes
4 T. olive oil
1 lg. clove garlic, crushed
2 oz. hot barbecue sauce
1/4 t. sweet basil
1 T. salt
1 t. coarse ground pepper
2 T. brown sugar
4 oz. (or less) chili powder
1 lg. onion, chopped
2 small bay leaves
2 c. coarsely chopped sweet peppers (such as red pimiento, green bell or yellow)
3 hot banana peppers, chopped
12 oz. can tomato paste
1 large can tomato sauce
2 lg. cans whole tomatoes, diced
2 sprigs parsley
1/2-3/4 c. French vermouth
1 quart water

Combine meat, olive oil, and barbecue sauce in large pot and cook until moisture has cooked away. Add remaining ingredients, except vermouth. Simmer for 2 hours. Add vermouth during last 15 minutes. Makes 1 gallon.

Chocolate Delights

Makes 4 dozen

12 oz. pkg. semi-sweet chocolate chips
1/4 c. margarine
1 c. flour
1 t. vanilla
14 oz. can sweetened condensed milk
1 t. rum extract
1 c. chopped nuts

Melt chocolate and margarine in saucepan over low heat. Stir in remaining ingredients. Mix thoroughly. Drop from teaspoon on lightly greased cookie sheet. Bake in 350° oven 6-8 minutes. Cookies appear moist and underdone.

St. Lucia Festival

— Marilyn Johnson —

* Swedish Glogg *

* Fruit Soup *

* Sandbakkels *

* Tea Rings *

As dawn breaks in Sweden each December 13, the eldest daughter walks from room to room dressed in a white robe, red sash, and crown of lighted candles, serving her family. She represents St. Lucia, a Swedish heroine. This day marks the beginning of the Christmas season. For our 6:00 a.m. Lucia celebrations we decked the house and entry with Swedish torches and candles, evergreens and red velvet bows, straw goats and Dala horses, copper urns and carved elves called "Tomten". In the true Swedish tradition, small copper mugs of Glogg greeted eager guests as they arrived on the frosty moonlit morn.

Then followed a smorgasbord of early morning goodies such as fruit soup, tea rings, kringla, sandbakkels, rosettes, lefse, wheels of cheese, cold meat platters, egg-braid bread, ginger snaps, butter crocks, and steaming egg coffee. One kind guest wrote, "How unique and fitting to celebrate Christmas by greeting the rising sun! You are the only ones who could plan a party for 6:00 a.m. and have it a pleasure to arrive at that hour.

Swedish Glogg

Makes 24 - 4 oz. servings

1/2 gallon port wine
1 quart vodka
12 cardamon seeds, crushed
12 whole cloves
3 cinnamon sticks
1 c. sugar
white raisins and slivered almonds

In wine, soak cardamon seeds, cloves and cinnamon sticks overnight. Strain. Heat some wine with 1 c. sugar until dissolved. Combine all wine and vodka. Heat to boiling. Pour into hot mugs into which some raisins and almonds have been spooned.

Fruit Soup

Serves 16

1/2 lb. prunes
1 c. raisins
1 orange, sliced
1 jar maraschino cherries, drained
4 T. tapioca
1/4 lb. dried apricots
3 tart apples, diced
1 lemon, sliced
1 c. sugar
1 stick cinnamon

Soak overnight fruits, tapioca, sugar, cinnamon, orange and lemon in enough water to cover. In the morning, add diced apples and water and cook until fruit is soft. Add maraschino cherries last. This soup may be served either hot or cold.

Sandbakkels

Makes about 3 dozen large cookies

7/8 c. soft butter
3/4 c. sugar
1 small egg white, unbeaten
1¾ c. flour
1 t. vanilla
1 t. almond extract

Mix all ingredients. Chill dough. Press dough into sandbakkel molds (tiny fluted forms) to coat inside. Place on ungreased baking sheet. Bake until delicately brown, 12-15 minutes in 350° oven. Tap molds to loosen cookies and turn them out of the molds.

Tea Rings

Makes 2 large rings

1 c. Carnation milk
1 c. water
4 T. shortening
1/2 c. warm water (little sugar and salt added)
2 pkg. dry red star yeast
1/2 c. sugar
3 t. salt
2 beaten eggs
7-8 c. flour

Scald first 3 ingredients and cool to lukewarm. Add the yeast which has been dissolved in warm water for 5 minutes. Then add the sugar, salt, and beaten eggs. Work in the flour—first 4 c., then 2 more, followed by 1-2 more to make a soft dough. Mix and knead 100 times. Let rise 1½-2 hours. Knead down and let rise 45 minutes. Divide dough in 2 parts. Roll each into a rectangle about 15" x 9". Spread with melted butter, about 1/4 c. sugar, and lots of cinnamon. Roll up like a jelly roll. Bring ends together making a ring. Pinch edges together. Lay in round pizza pans and cut slits in dough. Shape into a tea ring by bringing each piece up with a slight twist around the edge. Put in warm place and let rise 1-1½ hours. Bake about 15-20 minutes at 375°. Frost with powdered sugar glaze, decorate with maraschino cherries and toasted pecan nuts.

Honor the Graduate

— Jan Walter —

* Lemonade *

* Banana Cake with Cream Cheese Frosting *

* Easy Pound Cake *

* Frosted Oatmeal Cookies *

* Toffee Bars *

* Peanut Blossom Cookies *

Ice Tea

We have a very informal open house on the porch and patio to honor our graduating senior. We held it on a Sunday afternoon. We decorated very simply with flowers and napkins of the class colors.

Lemonade

Makes 20-25 servings

- 4 c. sugar
- 2 c. boiling water
- 2 c. lemon juice
- 1 gallon ice water

Cook the sugar and boiling water together to make a thin syrup, about 5 minutes. Chill. Squeeze lemons to make 2 c. of juice. Strain the lemon juice to remove seeds. Add the lemon juice and chilled sugar syrup to the ice water. Serve over ice.

Banana Cake with Cream Cheese Frosting

Makes 15-18 servings

- 2 sticks (1 c.) butter or margarine
- 1 c. sugar
- 2 eggs
- 1 c. mashed ripe bananas
- 1¾ c. flour
- 1/2 t. salt
- 2/3 t. baking soda
- 5 T. buttermilk
- 1 t. vanilla
- 3/4 c. chopped nuts
- Frosting:
  - 8 oz. cream cheese
  - 6 T. butter
  - 3 c. confectioner's sugar
  - 1 t. vanilla

Cake: Preheat oven to 350°. Grease and flour 9″ x 13″ pan. Cream butter and sugar together until light and fluffy. Add eggs, one at at time, beating after each. Add mashed bananas and mix thoroughly. Sift dry ingredients and add to butter mixture. Stir until flour is completely incorporated. Add buttermilk and vanilla and beat one minute. Stir in chopped nuts. Pour into pan, bake 40-45 minutes, or until cake tester inserted in middle of cake comes out clean. Cool. Frost with cream cheese frosting.

Frosting: Warm cream cheese and butter to room temperature. Cream together in mixing bowl. Slowly sift in confectioner's sugar and continue beating until fully incorporated. Stir in vanilla. Frost cake.

Easy Pound Cake

Makes 12-15 servings

1 c. butter or margarine
2 c. sugar
5 eggs
2½ c. flour
1/4 t. salt
1 t. vanilla
1/2 t. nutmeg (optional)

Cream together sugar and butter until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in dry ingredients and vanilla. Bake in an angelfood cake pan or a bundt pan that has been greased and floured. Bake at 325° for 1 hour. Partially cool, then turn out onto a plate.

Frosted Oatmeal Cookies

Makes 4 dozen

1 c. raisins
1 c. sugar
2/3 c. margarine
2 eggs
1/2 c. raisin water
1 t. soda in the water
1 t. vanilla
2 c. flour
2 c. oatmeal
1 t. baking powder
1/4 t. salt
1 t. cinnamon
1/2 c. chopped nuts
Frosting:
  1 c. brown sugar
  1/4 c. milk
  3 T. butter
  1 t. vanilla
  confectioner's sugar to thicken

Cover raisins with water in saucepan. Bring to a boil. Drain, saving the water. Cream together sugar, margarine and eggs. Add raisin water, which has the soda dissolved in it, and the vanilla. Stir in flour, oatmeal, baking powder, salt and cinnamon. Stir in nuts and raisins. Chill dough several hours, then drop by tsp. onto baking sheets. Bake 10-12 minutes at 350°. Frost with brown sugar frosting.

Frosting: Bring to a boil all ingredients except confectioner's sugar. Remove from heat and add confectioner's sugar to thicken. Beat well and spread on cooled cookies.

Toffee Bars

Makes 30 bars

- 1/2 lb. butter (2 sticks)
- 1 c. light brown sugar
- 1 egg yolk
- 2 c. flour
- 1 t. vanilla
- 12 oz. semi-sweet chocolate chips
- 1 c. coarsely chopped walnuts

Preheat oven to 350°. Grease 9" x 13" pan. Cream butter and sugar. Add egg yolk and beat well. Sift in flour, mixing well, then add vanilla. Spread in the prepared pan. Bake for 25 minutes. Remove from oven and cover cake with a layer of chocolate chips. Return to oven for 3-4 minutes. Remove from the oven and spread melted chocolate evenly. Sprinkle with nuts. Cool completely in the pan before cutting into bars.

Peanut Blossom Cookies

Makes 3 dozen

- 1/2 c. margarine
- 1/2 c. peanut butter
- 1/2 c. sugar
- 1/2 c. brown sugar
- 1 egg
- 2 T. milk
- 1 t. vanilla
- 1¾ c. flour
- 1 t. soda
- 1/2 t. salt
- chocolate candy kisses

Cream together margarine and peanut butter. Gradually add sugars and cream well. Add egg, milk and vanilla and beat well. Blend in dry ingredients gradually. Mix thoroughly. Shape by rounded teaspoonfuls into balls. Roll in sugar. Place on ungreased cookie sheets. Bake at 375° for 8 minutes. Remove from oven and place solid milk chocolate candy kiss on top of each cookie, pressing down so that cookie cracks around the edge. Return to the oven and bake 2-5 minutes longer, or until brown.

"Over-the-Hill" Birthday Bash

— Sharon Haugen —

* Lake Charles Dip *

* Parsley and Onion Rounds *

* Curried Cauliflower *

* Nuts and Bolts *

* Josephinas *

* Spinach and Cheese Appetizers *

Use birth announcements as invitations. Decorate with baby picture photo enlargements of the guest of honor. Use small paper plates and plastic flatware to keep it simple and casual.

Lake Charles Dip

Serves 6-8

1/2 pint sour cream
1 pkg. Good Seasons Italian salad dressing mix
1 T. mayonnaise
juice of 1/2 lemon
1/2 avocado, finely chopped
1/2 tomato, chopped
dash of tabasco

Mix all ingredients. Serve immediately or refrigerate. This is delicious with chips or as a dip for raw vegetables.

Parsley and Onion Rounds

Serves 20-25

1 loaf thin-sliced bread, cut in 2" rounds
1/4 lb. butter, softened
1 red sweet onion, finely chopped
1 c. mayonnaise
2 c. chopped fresh parsley

Assemble bread rounds. Spread half with soft butter. Place 1/2 t. red onion on these and place the unspread rounds on top of the onion, making a sandwich. Roll sides of sandwiches in mayonnaise and then in the chopped parsley. Refrigerate for 1 hour. Serve on a chilled platter.

Curried Cauliflower

Serves 6-8

1 medium size cauliflower	1 t. garlic powder
1 t. salt	1 T. grated onion
2 c. mayonnaise	assorted crackers
2 t. curry powder	

Leaving the cauliflower whole, trim and clean and place in a large saucepan. Add enough cold water to cover cauliflower. Add the salt to the water and bring to a boil over high heat. Cover the pan, reduce heat to moderate, and cook for 20 minutes or until a fork will pierce the stem easily. Drain well and let cool. In a bowl, combine mayonnaise, curry powder, garlic powder and onion, mixing well. Ice the cauliflower with this mixture as you would ice a cake. Cover and place in refrigerator for 24 hours. Serve on a plate with a small knife and surrounded with assorted crackers. Spread the cauliflower with some of the sauce onto crackers.

Nuts and Bolts

Serves 20

2 lbs. mixed salted nuts (deluxe blend—no peanuts)	5¼ oz. pkg. pretzel sticks
12 oz. pkg. bite-sized wheat squares	2 c. Orville Redenbacher butter flavored popcorn oil
10½ oz. box of Cheerios	2 T. worcestershire sauce
6½ oz. pkg. of rice squares	1/2 T. garlic salt
6½ oz. can of pretzel bits	1/2 T. seasoned salt

Mix salted nuts, wheat squares, Cheerios, rice squares, pretzel bits and pretzel sticks. Mix oil, garlic salt, seasoned salt and worcestershire sauce. Pour this mixture over nut mixture and mix well. Pour entire mixture into a turkey roaster. Bake at 250° for 2 hours, stirring and turning with a wooden spoon, every 15 minutes. Store in large coffee cans.

Josephinas

Serves 10-12

4 oz. green chiles, diced
1/4 lb. butter, at room temp.
1 c. mayonnaise
1/2 lb. monterey jack cheese, grated
2 loaves French bread, small diameter

In a medium-sized bowl mix the chiles, butter, mayonnaise, and cheese until well blended. Slice the French bread into thin slices and spread amply with the cheese mixture, making sure to completely cover the bread. Place the bread slices on an ungreased cookie sheet in a preheated broiler and broil 5-10 minutes until the spread is bubbly. Serve on a large platter.

Spinach and Cheese Appetizers

Serves 20

2-10 oz. pkgs. frozen chopped spinach, thawed
2 c. herb flavored bread crumbs
4 eggs
3/4 c. melted butter
1 white onion, grated or minced
1/2 c. shredded swiss cheese
1/4 c. grated parmesan cheese
1 clove garlic, minced

Squeeze thawed spinach dry of liquid. Place in a large mixing bowl and add the remaining ingredients. Blend well. Cover and refrigerate 2-3 hours. Roll into 1" balls. Place on lightly greased cookie sheet and bake at 350° for 15 mintues.

Note: These can be made ahead of time and frozen. Remove from freezer 10 minutes before baking.

After-Football Game Cocktail Buffet

— Patt Holder —

* Barbecue Brisket and Buns *

* Dig-In Ham Salad *

* Pig Skin Cheese Mold *

* Fruit Kabob Pom Pons *

Vegetables and Dip

"Cy" Cake (ordered from bakery)

This after-football game buffet was prepared for the first home game of the season. The table was decorated with a cardinal red cloth and gold mums with cardinal ribbons in football vases. The "Cy" decorated cake was used as the centerpiece. All of the side dishes were molded in football-season fashion which helped create a festive mood. Everything was made ahead of time, to make for easier entertaining after the game and to celebrate a victory with the old gang.

Barbecue Brisket

Serves 12

5-6 lb. beef brisket	1/2 stick margarine
1 pkg. Lipton onion soup mix	barbecue sauce

Place brisket, onion soup and margarine in aluminum foil. Bake 6-8 hours at 250° degrees. Slice brisket and reheat in your favorite barbecue sauce, for 1 hour. This may be frozen and reheated later with the barbecue sauce on it.

Dig-In Ham Salad

Serves 20

8 c. ham salad	8 oz. whipped cream cheese
1/2 c. mayonnaise	stuffed green olives
2 T. unflavored gelatin	green pepper triangles

To make and decorate: Oil pan with vegetable oil using a pastry brush. In small bowl, mix 1/2 c. cold water with 2 T. unflavored gelatin. Stir gently and allow to stand until thick. Place bowl of gelatin over simmering water, stir until dissolved. Mix warm dissolved gelatin into 1/2 c. mayonnaise. Stir until smooth. Pour immediately into ham salad and mix well. Pack into pan. Refrigerate for 3 hours. I used a Wilton Shoe pan mold. Unmold onto foil covered cake board or serving tray. With whipped and tinted cream cheese, pipe string shoe laces and shoe details. Cover sole and stripes with 18 zigzags. Arrange olive slices. Push green pepper triangles into sole area. Serve with wheat and rye crackers. May be made ahead.

Pig Skin Cheese Mold

Serves 25

2 lbs. Old English cheese
1 lb. edam cheese
1 t. paprika
2 t. Coleman's English dry mustard
2 t. worcestershire sauce
1/4 t. cayenne pepper
4 T. mayonnaise
1 pint dry sherry wine

Grind or mix fine, 2 lbs. Old English cheese and 1 lb. of Edam cheese. Mix with the other ingredients. Line egg pan with plastic wrap and fill with mixture. Refrigerate for about 3 hours. Unmold on foil covered board or tray. To decorate, score mold with spatula to indicate football details. Pipe with 3 oz. whipped cream cheese stripe football seam, laces and ribbed stripes around each tip of football mold. Serve with crackers. Can be made ahead.

Fruit Kabob Pom Pons

Serves 24

13½ oz. can pineapple chunks
1/4 c. orange marmalade
3/4 t. ground ginger
11 oz. can mandarin orange sections, drained
1 c. maraschino cherries, drained
1 c. honeydew balls
2 large oranges
2 small oranges

Drain pineapple, reserving syrup. Combine reserved syrup, marmalade, and ginger. Add pineapple, mandarin oranges, cherries, and honeydew. Chill. Drain well, reserving marinade. Cut thin slice off oranges so they will sit level. Slice bananas; dip in reserved marinade. Skewer pieces of fruit on long wooden picks. To serve, anchor twelve kabobs in each orange.

Afternoon Tea

— Gillian Draper —

* Cucumber Sandwiches *

* Afternoon Tea Scones *

* Cherry Iced Cakes *

* Victoria Sponge *

* Florentines *

* Brandy Snaps *

Tea

Afternoon tea in England is usually between the hour of 4 p.m. and 5 p.m. It bridges the gap between a mid-day meal and evening dinner. Tradition differs between city and country. Most hotels in major cities and resort areas serve afternoon tea. Sadly the tradition is no longer kept by many families.

Cucumber Sandwiches

Serves 6

brown bread sliced thinly
white bread sliced thinly
butter for spreading
tomatoes, peeled, thinly sliced
cucumber, peeled, thinly sliced

Butter both brown and white slices of bread allowing one round per person. On brown bread make thin layer of cucumber, top with bread and trim crusts from sides. Cut into 4. On white bread, place tomato slices, season with salt if liked, top with bread. Trim crusts from all sides and cut into 4. Arrange on china tea plate. A small sprig of parsley may be used for a garnish.

Afternoon Tea Scones

Serves 6

8 oz. flour
2 T. sugar
2 t. cream of tartar
1 t. baking soda
2 oz. butter
pinch of salt
1 egg
milk
whipped cream
strawberry preserves

Heat oven to 450°. Flour a baking sheet. Sieve flour, soda, cream of tartar and salt into a bowl. Rub in 2 oz. butter until fine crumb effect is reached. Mix in sugar. Make well in center. Stir in beaten egg and a little milk if needed, to make a dough just firm enough to handle. Turn onto floured board, knead lightly. Roll out to 1" thick. Cut into rounds and place them on prepared baking sheet. Glaze with milk and bake near top of oven 7-10 minutes. Cool on rack. Serve with whipped cream and strawberry preserves.

Cherry Iced Cakes

Serves 6

6 oz. butter
6 oz. sugar
2 eggs, lightly beaten
2 oz. glacé cherries, chopped
10 oz. self rising flour
milk
glace icing, lemon flavored
cherries for decoration

Cream sugar and butter together, add egg a little at a time with a sprinkling of flour. Beat well. Stir in remaining flour and chopped cherries, together with a little milk to give a soft dropping consistency. Blend well. Put into either a 9" or 10" round or 9" x 5" oblong greased cake tin. Bake at 400° for 30-35 minutes. Cool on rack. Trim edges, cut into triangle or rectangle. Coat with icing and decorate with cherries.

Victoria Sponge

Serves 6

8 oz. butter
8 oz. caster sugar
8 oz. self rising flour
4 medium eggs, lighly beaten

Cream butter and sugar until pale and creamy. Sieve flour. Add a little beaten egg to butter mixture, mixing well. Add a little flour and stir gently. Continue this until all eggs and flour are thoroughly mixed. Grease and flour two 8" or 9" round tins. Divide mixture equally. Bake 20-25 minutes at 375°-400°. Test for done by pressing gently on top. If no indentation remains, cake is ready. Turn out onto a wire cooling rack. When cool, fill with buttercream and jam. Sprinkle top with fine sugar.

For chocolate sponge: Use 2 oz. cocoa, 6 oz. self-rising flour. Fill with chocolate-flavored buttercream. Flavor may be changed by adding vanilla or almond extract.

Florentines

Serves 6

2 oz. butter
2 oz. sugar
1/2 egg, lightly beaten
8 oz. chocolate
2 oz. almonds, rough chopped
1 oz. walnuts, rough chopped
1/2 oz. cherries, chopped
1 oz. mixed peel
1 oz. white raisins

Melt sugar and butter until blended. Take off heat, add egg, stir in other ingredients except chocolate. Grease baking tray. Put small balls on baking tray, flatten with fork. Bake 375° for 10 minutes. Leave time to set a little. Loosen with a knife, place on chopping board. When cold, coat bottom of each florentine with melted chocolate. Draw a fork over chocolate in squiggles to line bottom of florentine.

Brandy Snaps

2 oz. butter
2 oz. sugar
2 oz. flour
2 T. golden syrup or dark molasses
1/2 level t. ginger
1 t. brandy, optional

Melt butter, sugar and syrup. Take pan off heat, stir in flour and ginger and brandy if used. Grease 2 baking tins very well. Put teaspoons of mixture on baking tins. Bake one tray at a time at 325°-350° for 8-10 minutes or until golden brown. When done, put a new tray into oven. Let first tray stand a minute or so until you can slip a knife under them. Lift brandy snap from tray, roll round handle of wooden spoon, holding a few seconds to give it a chance to shape. Then slip it off handle onto a wire cooling tray. Work quickly with each tray. If they should harden before rolling, put tray in oven for a minute and start again. Store separately in an airtight tin. For a change, just before serving, pipe whipped cream into each brandy snap.

Here We Go A-Wassailing

— Linda Carver —

* Wassail *

* Lemon-Orange Slush Punch *

* Nacho Grande *

* Quick Dip with Fresh Vegetables *

* Chicken Teriyaki *

* Barbecue Meatballs *

* Toasted Pecan Halves *

* Buche de Noel *

This is a tradition we hope will continue for many years to come—the gathering of friends' families around the piano to rejoice in song. The only ingredients needed for this caroling party are willing participants and, of course, a spread of good food. Each family may bring a hearty hors d'oeuvre. Since we begin in the early evening, this will be "dinner". Drinks are available at one location in the house. The food table is arranged with warming trays and chafing dishes so people may eat throughout the evening. Plates of favorite Christmas cookies may be shared. The "Yule Log" may be sliced near the end of the evening. With chestnuts roasting on the open fire . . . what a perfect way to celebrate the Christmas season!

Wassail

Makes 30 cups

1 gallon apple cider
1/2 c. sugar
1 quart cranberry juice
3 oranges, cut in sections
3 cinnamon sticks
1 T. whole allspice
1 T. whole cloves

Mix cider, sugar, and juice in lower part of perculator. In perculator basket place cinnamon sticks, allspice, cloves and oranges. When finished perking, remove the basket. Serve hot with long cinnamon sticks, if desired.

Lemon-Orange Slush Punch

Serves 12

2 quarts 7-Up
6 oz. can frozen orange juice
6 oz. can frozen lemonade
juice from 1 fresh lemon

Mix and freeze juices and 1 quart of 7-Up. Take mixture out of freezer one hour before party. Break up in punch bowl and add 1 qt. of 7-Up so it becomes slushy. For variation before freezing, you may add 2 very ripe bananas that have been pureed in food processor.

Nacho Grande

Serves 12

- 1/2 lb. chorizo sausage
- 1/2 lb. lean ground beef
- 1 large onion, minced
- 1 can refried beans
- 1 can green chiles (with seeds)
- 3 c. shredded monterey jack cheese
- 1 c. taco sauce
- 1 c. sour cream
- 1 c. guacamole
- 1 c. chopped, pitted ripe olives
- 4 chopped green onion, tops, too

Cook meat until lightly browned, discarding fat and season with salt and pepper plus alittle hot pepper seasoning. Spread beans in bottom of oven proof dish. (about 10" x 15") Top evenly with meat mixture. Follow with green chiles and cheese, drizzle taco sauce over that. Cover and chill if made ahead. Bake uncovered in a 400° oven for 20 minutes. Remove from oven and top immediately with sour cream, guacamole, olives, and green onions. Keep hot on warming tray. Serve with large tostado chips.

Barbecue Meatballs

Serves 12

- 2 lbs. ground beef
- 2 eggs
- 2/3 c. milk
- 1 c. bread crumbs
- 1/4 t. salt
- 1 t. oregano
- 1/2 c. parsley flakes
- dash pepper
- 1 medium onion, minced

Beat eggs, milk and add crumbs to soak. Mix the remaining ingredients well, adding crumb mixture. Shape into meatballs and place in shallow baking dish. Bake 325° for 30 minutes then turn and cook for another 30 minutes. Pour your favorite barbecue sauce over meatballs and simmer for 30 minutes. You may store in refrigerator or freeze. When ready to serve, heat and keep warm in chafing dish.

Quick Dip with Fresh Vegetables

Makes 2½ cups

1 envelope vegetable soup mix
1 pint dairy sour cream
1 c. mayonnaise
dash tabasco

Mix ingredients thoroughly. Make the night before you plan to serve it. Serve with your favorite fresh crisp vegetables. Some of the relishes (carrots, celery curls, rose radishes, sprigs of parsley) may be fastened with tooth picks to a cone-shaped piece of styrofoam to give a Christmas tree effect.

Chicken Teriyaki

Serves 12

8 whole chicken breasts, skinned, deboned, or may use 3 lbs. chicken wings
1 c. soy sauce
1/2 c. dry sherry
6 oz. can pineapple juice
1/2 c. sugar
1 T. finely grated ginger root
1 clove garlic, crushed
1/4 c. oil

Cut chicken breasts into 1" x 3" strips or use wings. Place in shallow baking dish. Combine all other ingredients and pour over chicken. Cover and marinate in refrigerator overnight, turning several times. Bake uncovered at 325° for 1 hour. Place on warming tray to keep warm throughout the evening.

Toasted Pecan Halves

Makes 2 cups

2 c. of large pecan halves
1/4 c. butter
1 T. worcestershire sauce
1 t. seasoned salt
1 t. garlic salt

Spread pecans in 9" x 13" baking pan, pour butter over, drizzle sauce and salt. Stir gently to coat. Bake at 350° for 20 minutes, stir and watch until lightly browned. Drain on paper towels. This should be done a day ahead and stored in a tight container.

Buche de Noel (Yule Log)

3/4 c. cake flour, sifted	6 eggs, separated
6 T. cocoa	1 t. vanilla
1 t. baking powder	confectioner's sugar
1/4 t. salt	1 pint whipped cream
1 c. extra-fine sugar	Chocolate butter frosting

Prepare jelly roll pan (15" x 10" x 1"). Lay waxed paper in pan and brush with cooking oil, also sides. Prepare counter top with sheet of newspaper covering with a towel or waxed paper, dusted with confectioner's sugar. Beat egg whites until they stand up in soft peaks. Beat in 1/4 c. sugar. Beat the egg yolks until thick and lemon-colored. Beat in vanilla and remaining 3/4 c. sugar gradually. Fold into the whites until well blended. Fold in flour, cocoa, baking powder, salt mixture, small amount at a time. Pour into prepared pan and spread evenly over surface of oiled paper. Bake at 350° about 13 minutes. Turn out onto towel sprinkled with confectioner's sugar. Pull off paper. If edge is very crusty, cut off thin strips from edges so it will roll without breaking. Roll cake in a towel and let stand a few minutes. Unroll and spread with whipped cream flavored with vanilla and sweetened with confectioner's sugar. Roll up firmly and wrap, refrigerate for 30 minutes. Cut off a slice and roll securely to resemble a cut off branch and attach to log roll at the side.

Butter Frosting: Beat 1/4 c. unsalted butter, until creamy; stir in egg yolk; beat in gradually 1 c. confectioner's sugar, add 4 oz. semi-sweet chocolate (melted with 1 T. water and cooled to lukewarm); add 1/2 t. vanilla. Frost outside of cake. Make design with tines of fork to give appearance of a log. Garnish with holly leaves.

Congratulations to the Graduate

— Shirley Tice —

* Fruit with Cream Cheese Fondue *

* Tex-Mex Dip *

* Spinach Dip in Pumpernickel Bowl *

* Layered Crab Spread *

Cheese and Meat Tray

White and Wheat Silver Dollar Buns

* Coconut Lemon Bars *

* Cheesecake Puffs *

* Orange Punch with Frozen Fruit Ring *

Coffee

Graduation is a memorable time for the graduate, but also a busy time for the family. The menu we planned was one Chris would enjoy, but which could be easily prepared. Instead of traditional graduation cake we decided to include some of the graduate's favorite desserts. A graduation centerpiece and bright orange napkins gave the table an Ames High flair.

Cream Cheese Fruit Fondue

Serves 10-12

1/4 c. butter
1/4 c. flour
2 c. half 'n half
6 oz. gervais or cream cheese
1/4 c. cointreau
1/4 c. sugar
2 T. grated orange rind

Melt butter and stir in flour. Then add half 'n half and stir until mixture bubbles and thickens. Next add cheese. Stir until it melts. Add remaining ingredients. Serve warm in a fondue pot or other warmer with assorted fruits for dipping.

Tex-Mex Dip

Serves 8-10

2 medium ripe avocados
2 T. lemon juice
1/2 t. salt
1/4 t. pepper
1 c. sour cream
1/2 c. mayonnaise
1 pkg. taco seasoning mix
10½ oz. can jalapeno bean dip
1 bunch green onions, chopped
2 tomatoes, chopped
1 can black olives, chopped
8 oz. cheddar cheese, grated

Peel, pit and mash avocados; add lemon juice, salt and pepper in one bowl. Combine sour cream, mayonnaise and taco mix in another bowl. Spread bean dip in large shallow platter. Top with avocado mixture; then sour cream mixture. Sprinkle with onions, tomatoes and black olives. Cover with cheese. Serve chilled or room temperature with large round tortilla chips.

Spinach Dip in Pumpernickel Bowl

Serves 10-12

- 10 oz. pkg. chopped spinach, cooked, cooled, drained
- 1 c. mayonnaise
- 1 c. sour cream
- 1 pkg. dry vegetable soup
- 1/2 c. green onions, finely chopped
- 1 can water chestnuts, chopped fine
- salt and pepper to taste
- round loaf pumpernickel bread

Mix and let chill at least 6 hours. Serve in hollowed out round loaf of pumpernickel bread with assorted vegetables for dipping.

Layered Crab Spread

Serves 8

- 8 oz. cream cheese
- chili sauce
- 1 can crab meat

Spread softened cream cheese on a round plate. Cover with chili sauce, spread to within 1/2″ of edge of cream cheese. Top with crab meat. Chill. Serve with Ritz or onion crackers.

Coconut Lemon Bars

Makes 9″ x 13″ pan

- 1 c. butter or margarine
- 1/2 c. powdered sugar
- 2 c. flour
- 4 eggs
- 2 c. sugar
- pinch of salt
- 6 T. lemon juice
- 4 T. flour
- 2 c. coconut

Mix butter, powdered sugar and flour as you would pastry and pat into the bottom of a 9″ x 13″ pan. Bake 10 minutes at 350°. Cool. Mix eggs, sugar, salt, lemon juice, and 4 T. flour and pour over cooled crust. Bake 25 minutes. Sprinkle 2 c. coconut over lemon mixture during the last 10 minutes of baking. Cut into squares.

Cheesecake Puffs

Makes 2 dozen

16 oz. cream cheese
3/4 c. sugar
2 eggs
1 t. vanilla
24 vanilla wafers
1 can cherry pie filling

Place the cream cheese, sugar, eggs and vanilla in large bowl and beat with electric mixer until smooth. Line muffin tins with paper liners and place 1 vanilla wafer in bottom of each liner. Fill liners 3/4 full with cream cheese mixture. Bake at 375° for 10 minutes. Cool. Cover with pie filling. Chill.

Orange Punch with Frozen Fruit Ring

Serves 16

6 oz. can frozen orange juice
6 oz. can frozen lemonade
1 medium can crushed pineapple, undrained
3 c. 7-Up
maraschino cherries to garnish ring
1 qt. orange Kool-Aid
1 quart lemonade
1 quart 7-Up

Mix frozen orange juice, frozen lemonade, crushed pineapple and 3 c. 7-Up. Place maraschino cherries in ring mold as desired for garnish. Carefully pour fruit mixture into mold and freeze. Right before serving, mix orange kool-aid, lemonade and 7-Up in punch bowl. Unmold frozen fruit ring and place in punch.

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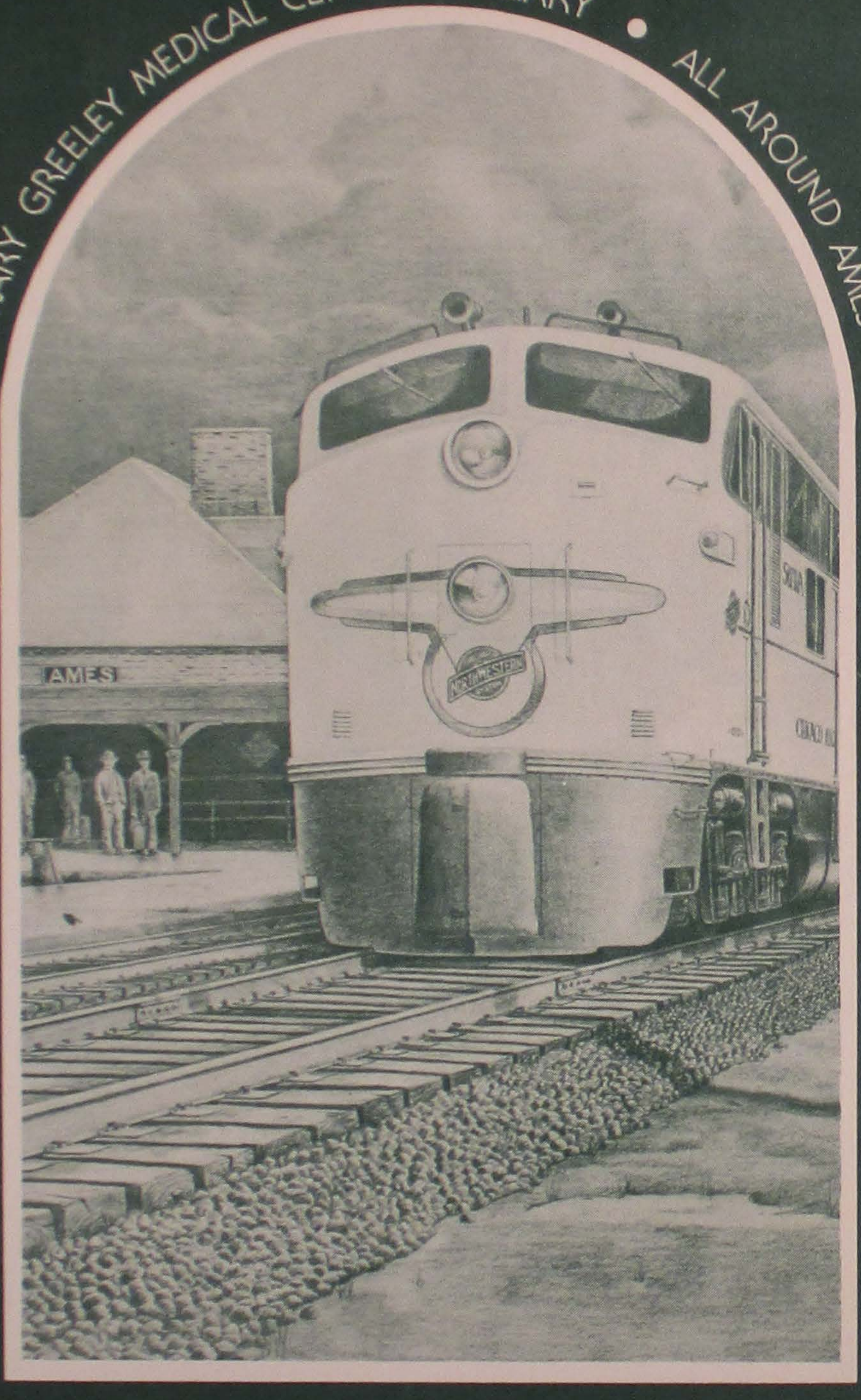
AMES
NORTHWESTERN

Appendix / Index

"The Challenger"

Steward Buck has been interested in trains since he was born. This pencil drawing reflects his childhood memories of being at the depot on a Sunday afternoon for the sheer entertainment of seeing a passenger train stopping in Ames. He is an art teacher at Bondurant-Farrar and a free lance artist.

The Ames Depot was built at Main and Clark in 1900. Chicago and North Western passenger traffic was discontinued about 1959. Presently the building houses offices of the City of Ames.

Meal Time Entertainment

Basic Terms

Table Setting Principles

Meal Service

Order of Serving

Specific Styles of Meal Service

Meal Time Entertainment

Entertainment styles are personal decisions based on lifestyle, time, money and other available resources. The meal manager (hostess or host) may choose to be formal, informal, or take aspects from each of these styles and develop compromise methods to suit personal needs. This section is designed to supply basic information that may be used to make meal service creative and enjoyable.

Basic Terms:

- Cover: Each person's place setting (consists of linens, flatware, glassware and dinnerware).
- Linens: All types of table coverings and napkins, regardless of fiber content. (Tablecloths, placemats, table runners, napkins.)
- Flatware: Knives, forks, spoons and similar serving pieces.
- Holloware: All metal dishes, bowls, platters, tea service, pitchers and other pieces for food service or decoration.
- Dinnerware: Plates, cups, saucers, serving bowls, not made from metal.
- Glassware: Tumblers (flat base) and stemware for beverage service.

Table Setting Principles

The table appointments selected depend on the menu chosen and the style of meal service to be used. The principle of greatest importance is that one use common sense and promote creative, attractive, yet comfortable dining. The following rules and suggestions will lead to clean, artistic table design and in general are very easy to achieve.

Placing Flatware

- Individual covers should be at least 24" wide and spaced evenly around the table.
- Use only those utensils necessary for the meal.
- Place all pieces parallel to each other and at right angles to table edge. At this point, study the following sketches; then proceed to read the rules outlined.

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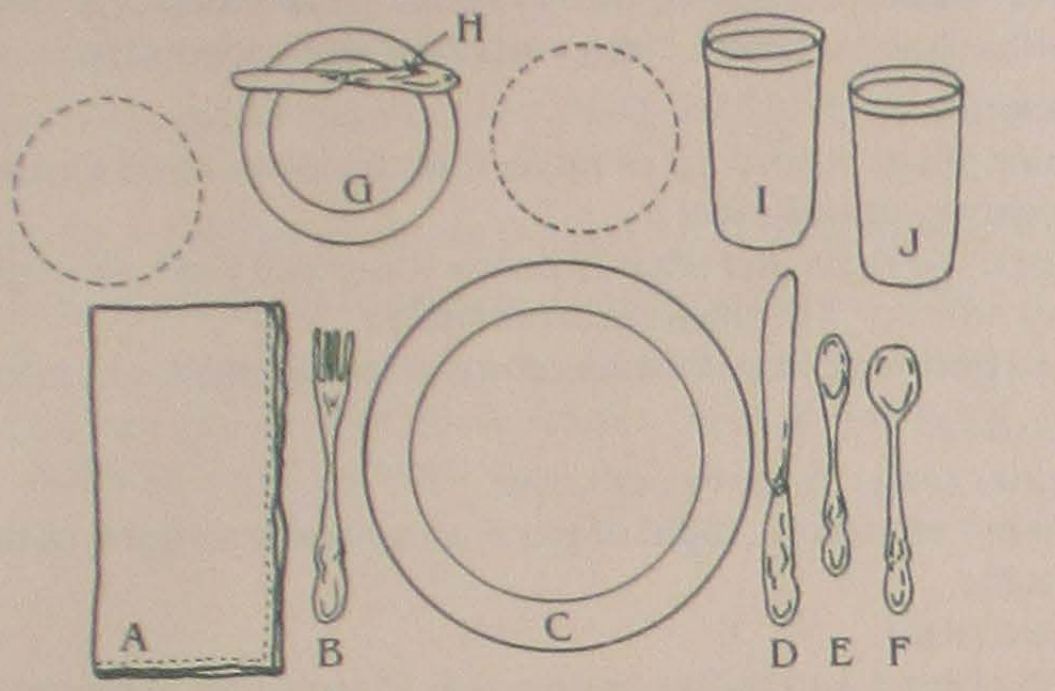


A. Napkin, open edge toward plate
B. Dinner fork
C. Dinner plate
D. Dinner knife
E. Coffee or dessert spoon
F. Dinner or cream soup spoon
G. Bread and butter plate
H. Butter spreader (individual use)
I. Water glass
J. Other beverage
◌ Possible positions for salad plate

- Knife: Cutting edge toward plate
- Spoon (bowl up): To right of plate
  More than one spoon: All to right of knife, from outside to inside in order of use
- Butter Spreader: Top of bread and butter plate, handle to right
- Forks: Tines up, to left of plate, from outside to inside in order of use
  1. Salad before main course: Place salad fork to left of dinner fork
  2. Salad after main course: Place salad fork to right of dinner fork
  3. Salad served with main course: Omit salad fork
  4. Dessert fork: above plate, tines up and pointing to left; or placed on right just before dessert served; or brought in on dessert plate if easily balanced.
  5. No knife: May put fork on right of plate
  6. Cocktail fork: To right of spoons

(cont'd) —

- Napkin: Usually folded square or rectangular and placed to left of forks (open edge toward plate). Many variations are acceptable.
- Glassware:
  1. Water glass: Above tip of knife; it is recommended that water always be served at any meal
  2. Other: To right and slightly below (diagonal line) water glass
  3. Maximum of 3 glasses recommended
  4. Cold beverage in a tumbler (always use coaster)
- Dinnerware:
  1. Dinner plate: In center of cover
  2. Tea or coffee cup: Right of plate with handle to right, parallel to edge of table
  3. Salad plate:
     a. No bread and butter plate used: Place salad plate to left of dinner plate above the forks
     b. If bread and butter plate used: Put B & B plate above forks and put salad plate to left and slightly below B & B plate

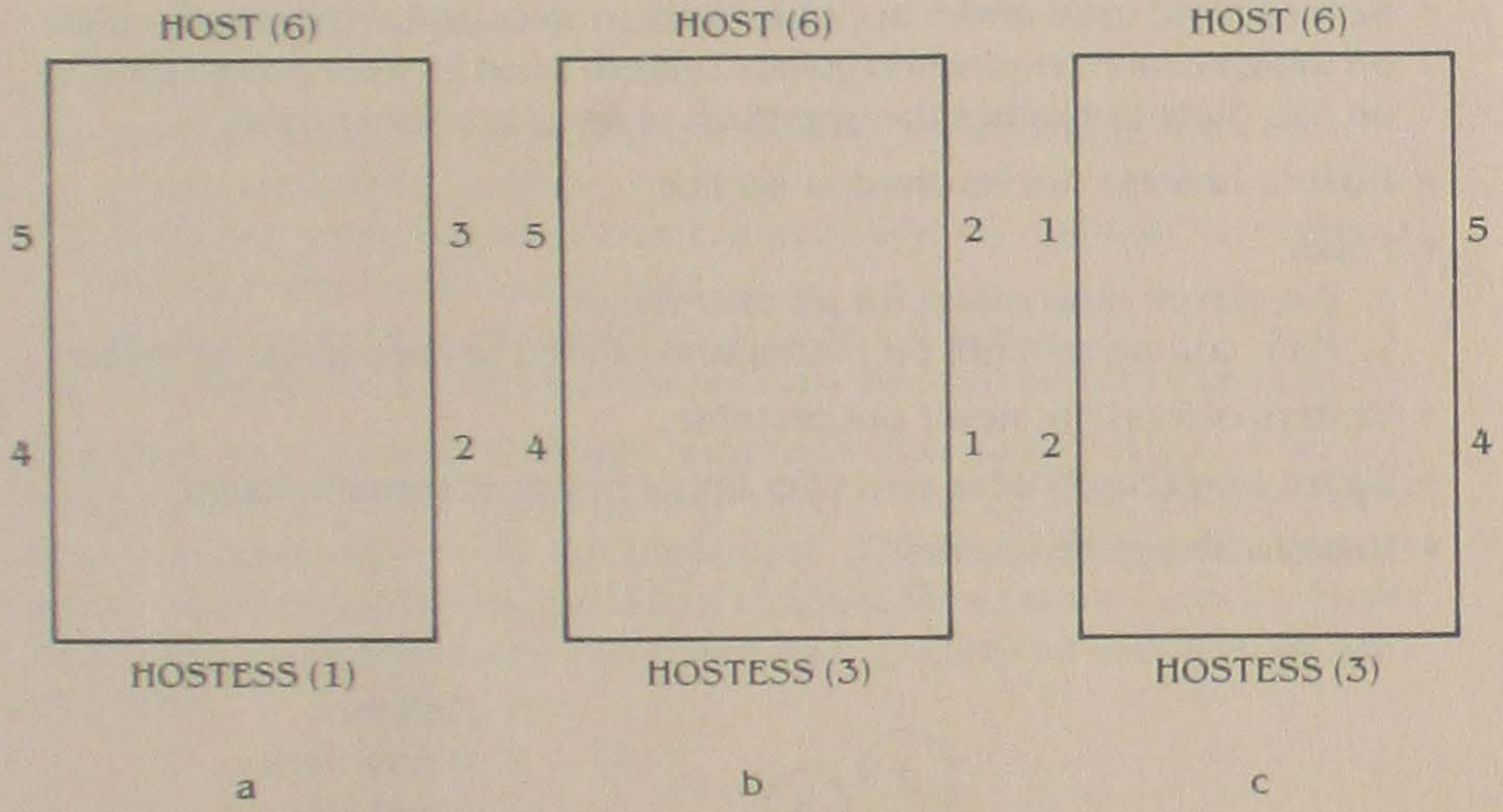
Meal Service

Basic Rules

- Always pass food in one direction (counter-clockwise to the right is most efficient.
- Serve food from the left with the left hand (remove dishes in same manner).
- Serve beverages from the right with the right hand (use drip cloth: usually a cloth or paper napkin held in left hand at spout of beverage container to catch drips after pouring). Remove from right with right hand if not to be used in next course.
- To serve a Course:
  1. Place flatware first
  2. Bring in accessories or side dishes
  3. Then, bring in food
- To remove a Course: Reverse order of serving the course
  1. Remove serving and side dishes
  2. Then plates
  3. then, unused flatware
- Remove each person's entire cover before moving to next person.

(cont'd) —

- Remove dinner plate from left with left hand, transfer to right, then salad or B & B (which ever is largest).
- Don't try to remove more than 2 covers, and don't stack or scrape dishes in front of guests.
- Use side tables or carts if available for service and removal of foods.
- Host and/or hostess should not leave the table any more than necessary.
- General order of service: 3 options, but, which ever one is chosen, continue to serve and remove in that same order throughout meal. Number sequence indicates order of service.



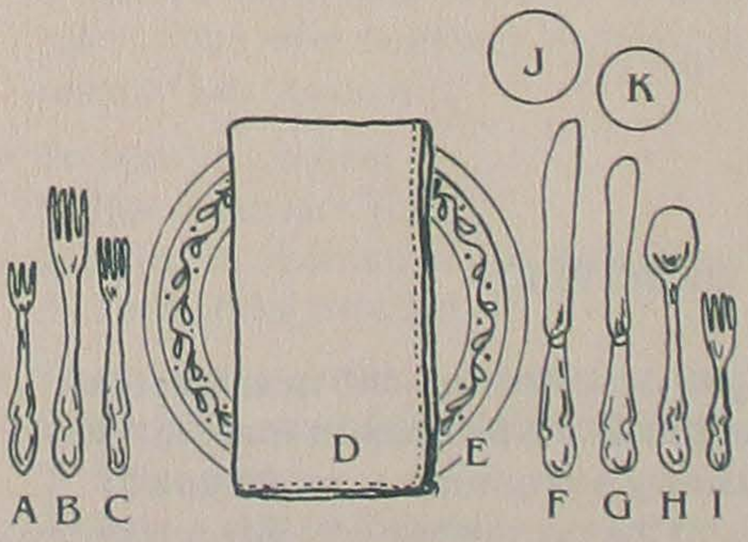
Order of Serving

(a) Hostess first; next, hostess right; next, hostess left; next, host last
(b) Person to right of hostess first (usually a prominent male guest)
(c) Person to right of host first (usually a prominent female guest)
(d) If the hostess is serving, start with the person to her right and continue in same direction for serving and removal.

Specific Styles of Meal Service

Russian (formal)

- Most formal, most time to eat, serve and clean up. Also called European or Continental
- Requires maid or servant (one for every 6 persons)
- Many courses (usually 5-7):
  Appetizer
  Soup (clear)
  Fish
  Salad (before or after main)
  Main
  Dessert
  Demitasse Coffee
- Service plate used under appetizer and soup courses. (Decorative plate on table at each cover when guests seated) Food is never placed directly on this plate but rather the appetizer or soup container itself.
- Host or hostess not involved in service
- Food:
  1. Pre-served onto plates for all courses, or;
  2. Main course brought on platter and offered to each guest by waiter
- Platters of food are never put on table
- Waiter may crumb table and offer finger bowls after main course
- Hostess always served first



Formal Service: Russian

A. Fish fork
B. Dinner fork
C. Salad fork
D. Napkin
E. Service plate
F. Dinner knife
G. Fish knife
H. Soup spoon
I. Cocktail fork
J. Water glass
K. Other beverage, usually wine

English

- Formal:
  1. Main dish and plates in front or to right of host, vegetables in front or to right of hostess.
  2. Host portions food and *server* takes plate to hostess, where hostess serves vegetables onto plates. Plates are set on table in front of host (he never touches them) and hostess (neither does she) for food service by *server.*
  3. Server takes served plates to guests.
  4. Host and hostess served last.
  5. Order of service is dictated by importance of guests or their seating arrangement at the table.
  6. Server removes service dishes before eating begins. (Server may be a family member who eats at table or a hired servant.
  7. Absolutely no passing of *anything.*
  8. Hostess serves dessert and/or beverage at table.
- Informal:
  1. Host and hostess (either/or both) serve main course then pass plates and bread baskets.
  2. Still need someone other than hostess (a family member) to position food for service or to clear courses.
  3. Hostess may serve dessert and/or coffee at table.
  4. Serving dishes are removed or put on a side cart before eating begins.

English styles rank second in time required to Russian. This type of service is particularly good for dinners where most of the evening and entertainment are centered around the meal itself. This is a lovely style of meal service and is not as complicated as it sounds. Many variations of the basic guidelines are possible and can make your guests feel very special with little effort.

Apartment or Blue Plate

- All foods pre-served onto plates and brought to table (or on table when guests seated)
- Fastest style of service
- Fewest dishes for clean-up
- Convenient for small places and for small groups (2-3)

Country Pass-Around (Family Style)

- Requires large table space
- All foods put on table in serving dishes (even refills for beverages) and passed
- No real control over plate appearance or portion size (plan larger servings)
- Minimum amount of waiting on table
- Second-fastest style of service (very informal and best liked style of service in America)
- Lots of clean-up
- Table may or may not be cleared before dessert

Compromise

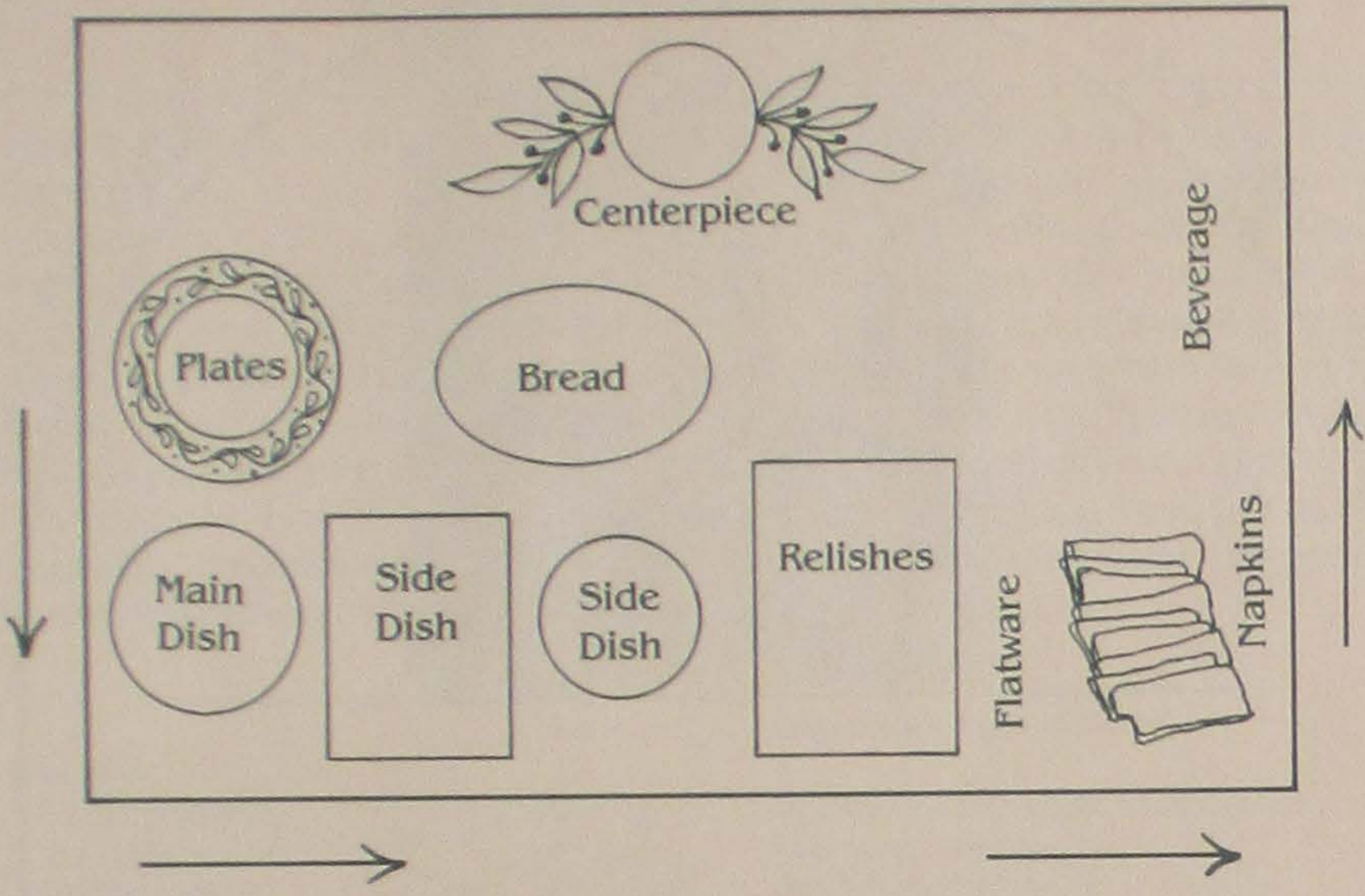
Combinations of above styles (most frequently English and Blue Plate)

Buffet

- Accommodates large groups
- Help yourself from assortment of food platters
- Can't control portion size of plate or appearance
- May eat:
  1. Standing up
  2. Seated at tables
  3. Seated to balance plate on lap
  4. Seated with tray table

  All these dictate types of foods that can be served.

- Move only in one direction for food service.
- Plates first, then:
  1. Main course
  2. Accompanying side dishes
  3. Flatware last before beverage
- Need appliances or special tools to keep hot foods hot
- Best if only one serving utensil required for each food
- Best to have just 2 courses (main and dessert)
- Foods must be easy to serve
- Serve appetizers or after-dinner beverages elsewhere (not on main buffet)
- Handle clearing or beverage refill as whatever best fits the occasion.


Centerpiece
Beverage
Plates
Bread
Main Dish
Side Dish
Side Dish
Relishes
Flatware
Napkins

General Buffet: Left to right service

References:

Holmbert, Rita. *Meal Management Today.* 1983. Wadsworth Publishing Co., Belmont, CA.

Kinder, Faye, et al. *Meal Management.* MacMillan Publishing Co., New York.

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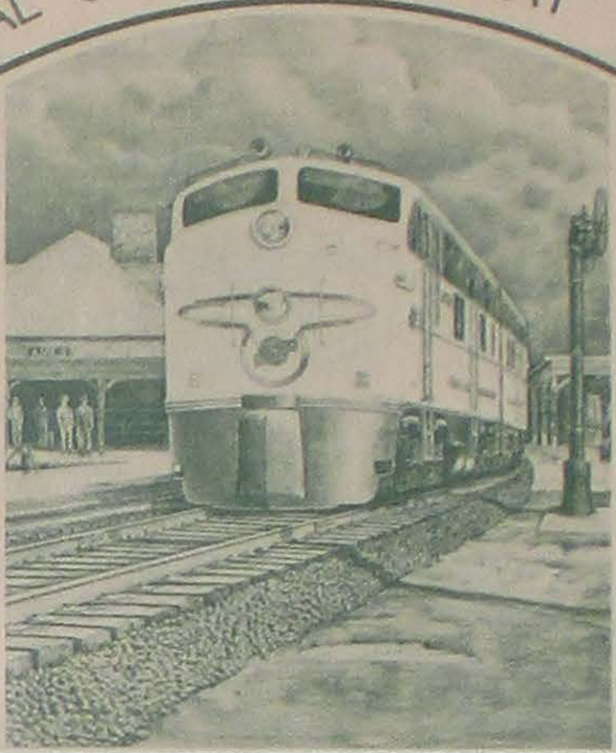

Food and Wine

Cooking with Wine

Choosing Wine for Your Menu

Serving Wine

Cooking with Wine

Food and wine are an agreeable combination whether it occurs with the cooking of the food or with the serving. When cooking with wine it is important to realize that during the cooking process, the alcohol does evaporate. Thus, only the subtle wine flavor is left to enhance the flavor of the food. With the alcohol, most of the calories disappear, too—about 85% of the original. The quality of wine you cook with is a personal preference. Cooking wines purchased in grocery stores are high in salt; therefore, it is better to use a drinking wine and add the seasoning desired for the recipe. You might cook with the same wine as you will be serving or you may prefer to match the type. It is often convenient to use a drinking wine that had been recorked and refrigerated for a few days. The following chart indicates some suggestions of using wine in recipes.

	Beginning Amt. of Wine	Suggested Type of Wine
Sauces:		
Cream sauce	1 T. per cup	Dry sherry, dry white wine, brandy
Tomato sauce	1 T. per cup	Red wine, sherry
Brown sauce	1 T. per cup	Red wine, sherry
Cheese sauce	1 T. per cup	Sherry, dry white wine
Soups:		
Clear	1 T. per cup	Dry sherry, madeira
Cream	1 T. per cup	Dry white wine, sherry
Meat	1 T. per cup	Red wine
Vegetable	1 T. per cup	White or red wine, sherry
Meats:		
Beef, lamb, veal	1/4 c. per lb.	Red or white wine, brandy
Pot roast	1/2 c. per lb.	Red wine
Ham (baked, roasted)	1½ c. basting	Port, cream sherry, maderia
White Fish:		
Poached, baked, grilled	1/2 c. per lb.	Dry white wine
Poultry, Game		
Chicken, turkey	1/2 c. per lb.	Light red wine, dry white wine
Pheasant	1/4 - 1/2 c. per lb.	Red wine, brandy, sherry
Quail	1/4 c. per lb.	White wine, sherry
Venison	1/4 c. per lb.	Red wine
Duck, Roasted	1/4 c. per lb.	Red wine
Fruit:		
Fresh, canned, frozen	2 T. per lb., pour over the fruits	Port, rosé, sherry, sparkling wines

Of course, you will want to experiment with recipes. Your taste buds will assist you.

Choosing Wine for Your Menu

In the same sense you will enjoy experimenting when serving wine with foods, as you are the final judge of what wines you like with certain foods. For your consideration (and perhaps for greater enjoyment of combining certain foods with specific types of wine) the following guidelines are offered. In general: 1) coordinate the color of the foods with the color of the wine; 2) follow the idea of light wines complement "light foods, heavier wines do the same with heavier foods." To enhance your tasting experiences, this illustration provides some possible considerations for matching foods and wines:

Wines:	**Foods:**
Light Bodied Whites White Riesling Rosé	Fish, Swiss cheese, light cheeses Chicken
Fuller Bodied Whites Chenin Blanc Chablis Sauvignon Blanc, White Burgundy Chardonnay	Pork Veal Mild Cheddar
Light Bodied Red Beaujolais	Lamb
Intermediate Reds Zinfandel (these may vary from year to year from light to more full-bodied) Pinot Noir or Red Burgundy	Beef, sharp cheddar cheese Stews
Full Bodied Red Petite Sirah	Game Blue, roquefort cheese
Sweet Dessert Wines Cream Sherry, Madeira, Port, Sauternes (French)	Desserts After dinner

If you desire to serve more than one at a meal, think of this order of serving:

Serve light before full
white before red
dry before sweet
young before old

This way the wine that follows will be complemented by the other, not out done by it. Also, it is good to be aware of serving wines with certain vinegar based salads or citrus fruits.

Having purchased the wine you desire, it should be stored in a cool (55°), dry, dark place. Storing the wine on its side should keep the cork from drying out and allowing air from coming into the bottle. If you do not plan to store wine for improved taste, it is better not to purchase a large quantity of wine. Since the wines that improve with aging are the high quality wines, most wines purchased are better to take home and use.

Serving Wine

When ready to serve wine, white wines are usually chilled for two hours before using. Red wines should be kept at cool room temperature, except for Beaujolais, which may be chilled for 30 minutes.

Although there are many practices that have been proposed for wine serving, there is no need to be very elaborate. The host will open the bottle and taste the wine before bringing it to the table to be served. Some believe that opening the red wines two hours before serving improves the flavor. The host may serve the wine into clear eight ounce tulip-shaped wine glasses filling 1/3 to 1/2 full. Having a napkin available for spills is appropriate, but there is no need to wrap the bottle. Usually a slight twist of the bottle before the bottle is raised from the glass will eliminate the drips. The bottle with the remaining wine may sit in a coaster on the table. If more than one wine is to be served at a meal, each wine should have its own glass.

It is desirable that wines should complement the food and occasion, thus this information is presented to possibly aid in that enjoyment.

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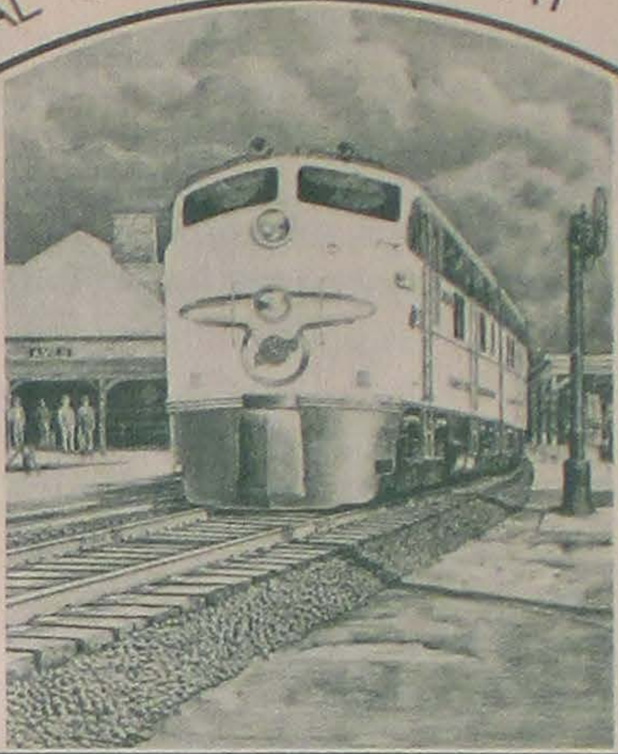


Napkin Folding

Bishop's Hat

Candlestick

Swirl

Bowtie

Flower

Buffet

Napkin Folding

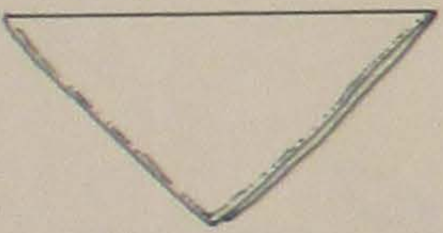
One aspect in table setting that can add to the enjoyment of entertaining is napkin folding. With imagination there is no end to the way the napkins may be displayed tastefully on the table. Some methods are simply done, while others require some practice.

The napkin itself may be placed to the left of the forks, on the dinner plate, or tucked into a glass. Napkin rings may also be used.

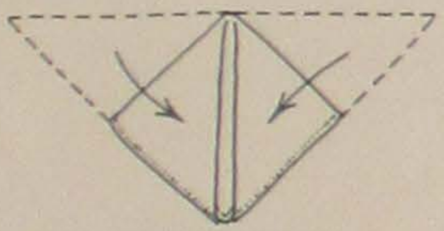
The hostess initiates the picking up of the napkin at dinner time. It may be unfolded half way and draped on the lap. When the meal is finished and one is ready to leave the table, partially refold the napkin and place it to the left of the plate. It is not necessary for the napkin to be refolded exactly as it was. If napkin rings are used, they may be placed to the left of the cover and removed by the hostess later. It is not necessary to return the napkin to the ring when leaving the table.

A standard way of folding a napkin is to fold it in half—three times in succession—ending with the loose corners at the lower right edges. Persons then can pick up the napkin and with ease place it on the lap. When working with napkins, it is easiest to work with large square ones that have been starched.

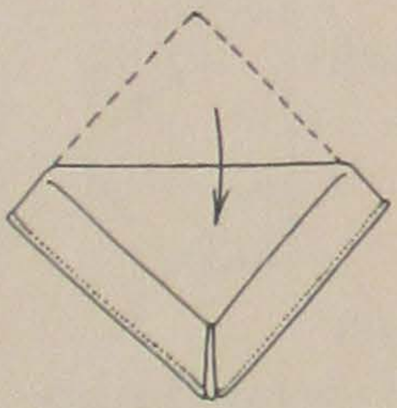
Bishop's Hat



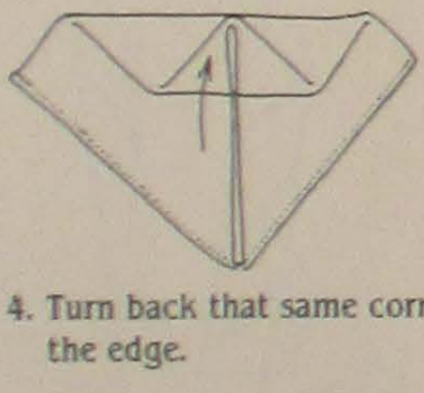
1. Fold the napkin in half to make a triangle with point at bottom.



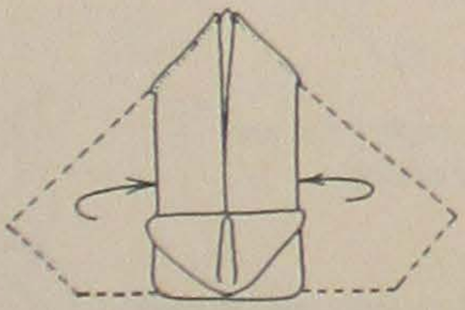
2. Fold the left and right corners to the point.



3. Fold the top corner to within 1" of point.



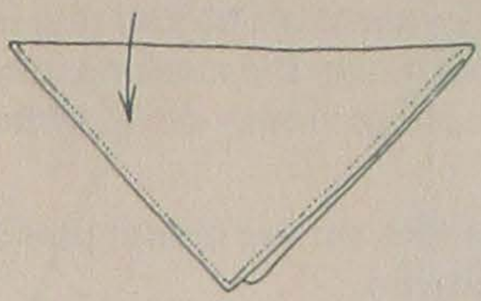
4. Turn back that same corner to the edge.



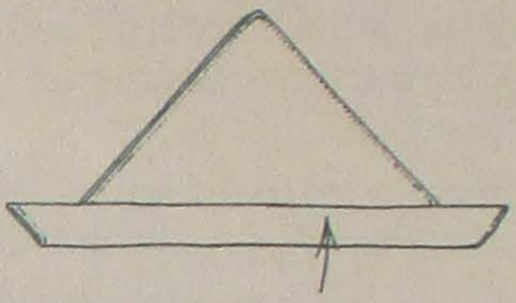
5. Turn the napkin right side up and fold back the sides, tucking them in the back.

6. Stand the napkin. Turn down the two outside peaks. These "wings" may be free, or tucked in for another variation.

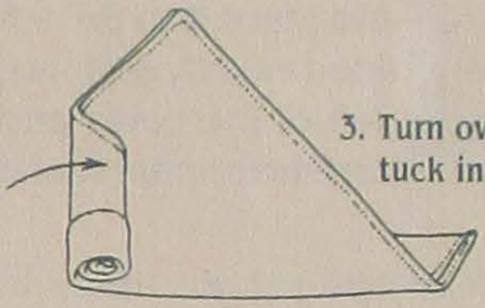
Candlestick



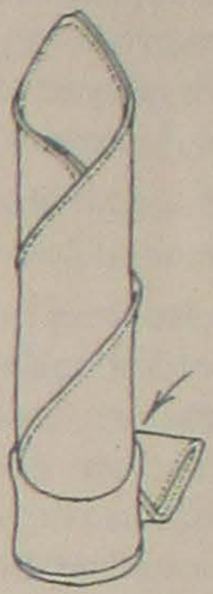
1. Fold in half.



2. Fold edge up 1".

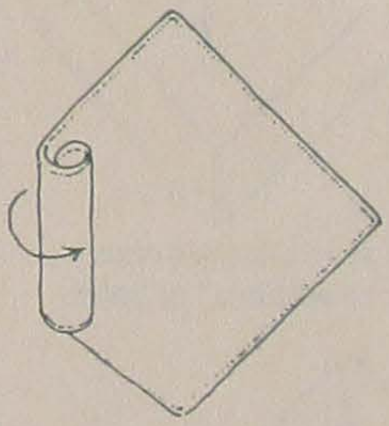


3. Turn over and roll, leave 1" to tuck in corner.

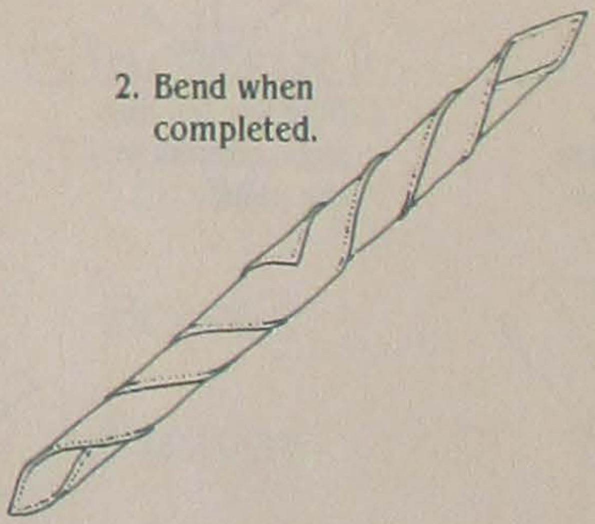


4. Stand up, a sprig of holly or other garnish may be used.

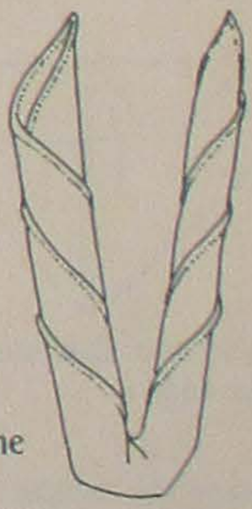
Swirl



1. Place napkin flat and begin rolling.

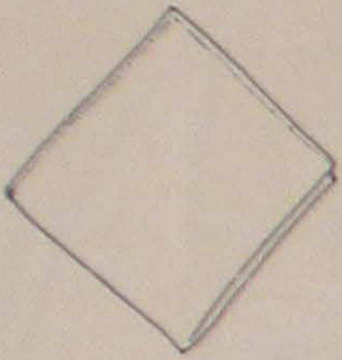


2. Bend when completed.

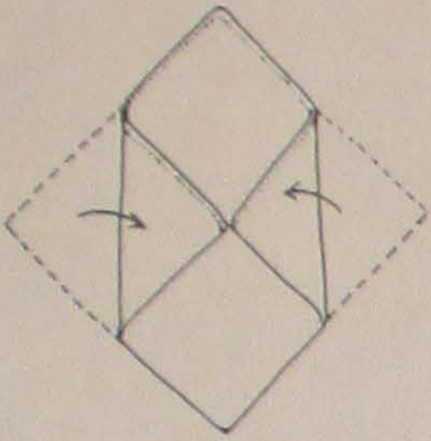


3. Place in wine glass.

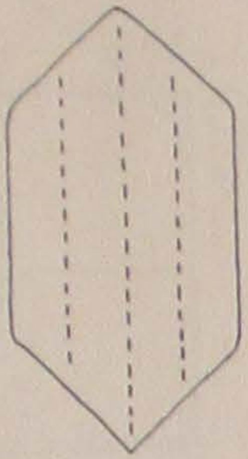
Bowtie



1. Fold in fourths.

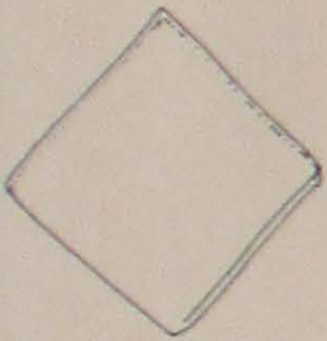


2. Fold sides to center.

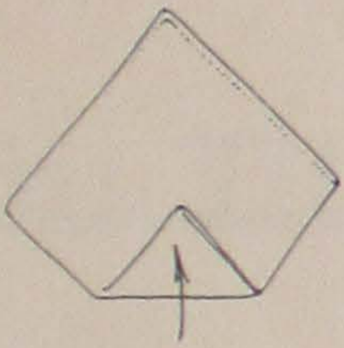


3. Pleat and slip on a napkin ring or tie with ribbon drawing in the middle.

Flower



1. Fold into quarters.



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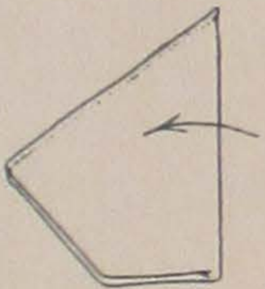

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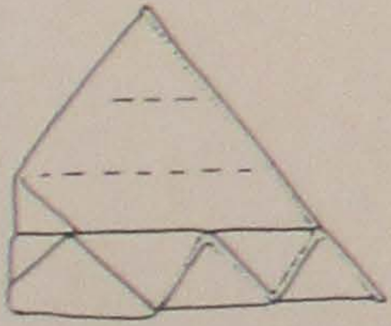

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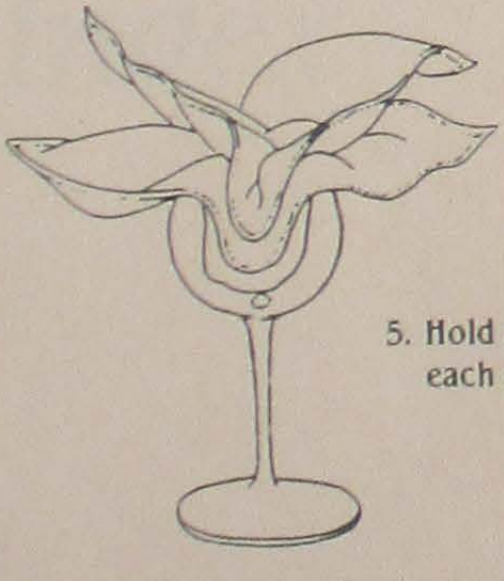
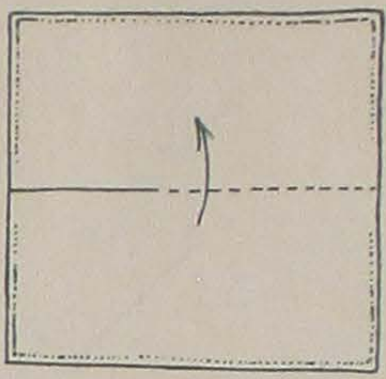


5. Hold at base and separate each petal. Place in glass.

Buffet



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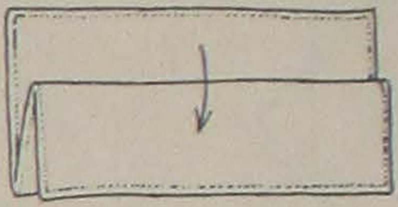

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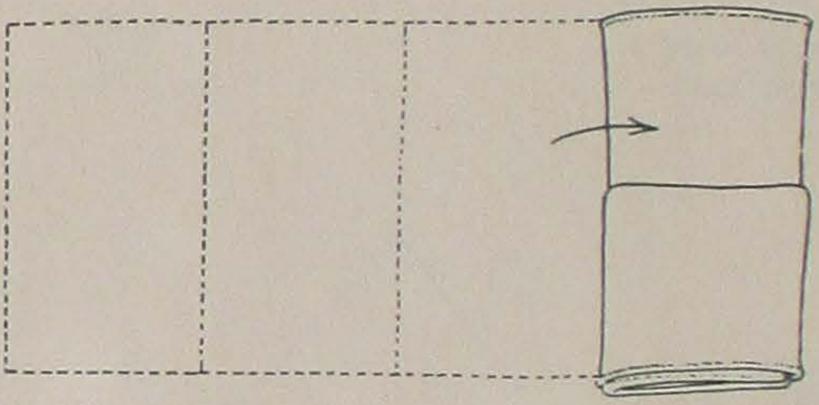

3. Turn over, fold in quarters. Utensils may be inserted.

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